# BoBo Pro 2.0 / *App User-Guide*

# BoBo Pro 2.0 / *Index*

*BoBo Pro 2.0 / Main Menu*

Patient's dashboard

Apps

Strength & Flexibility

Balance

Cycling

Wear the strap and attach the sensor according to the session's instructions

GOT IT

Place the sensor in the board socket

GOT IT

Wear the strap around your leg and attach the sensor to the strap

GOT IT
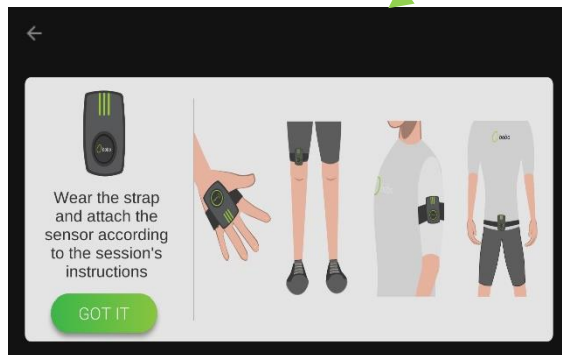
Motion
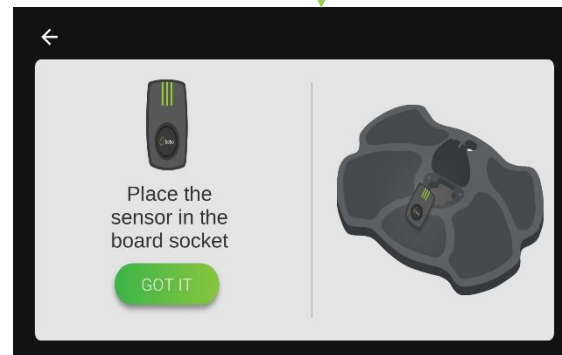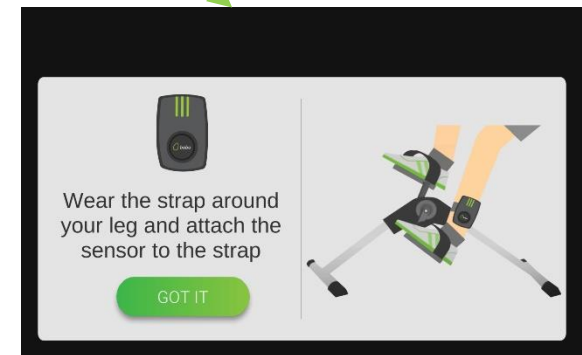
Balance

Aerobics

# Balance / *Menu*

# Balance / *Training*

*Create your own customized training program or choose one of bobo's fast-programs templates*
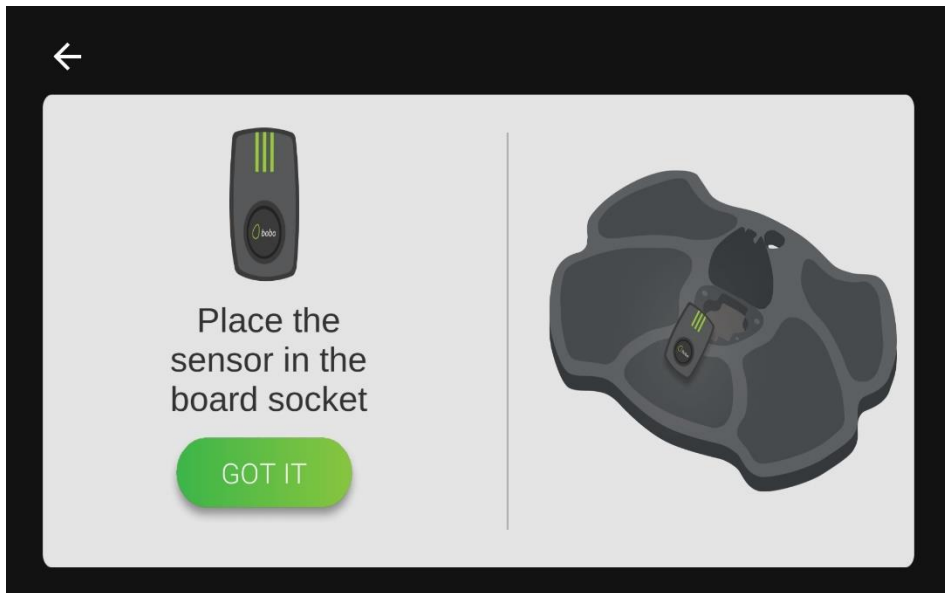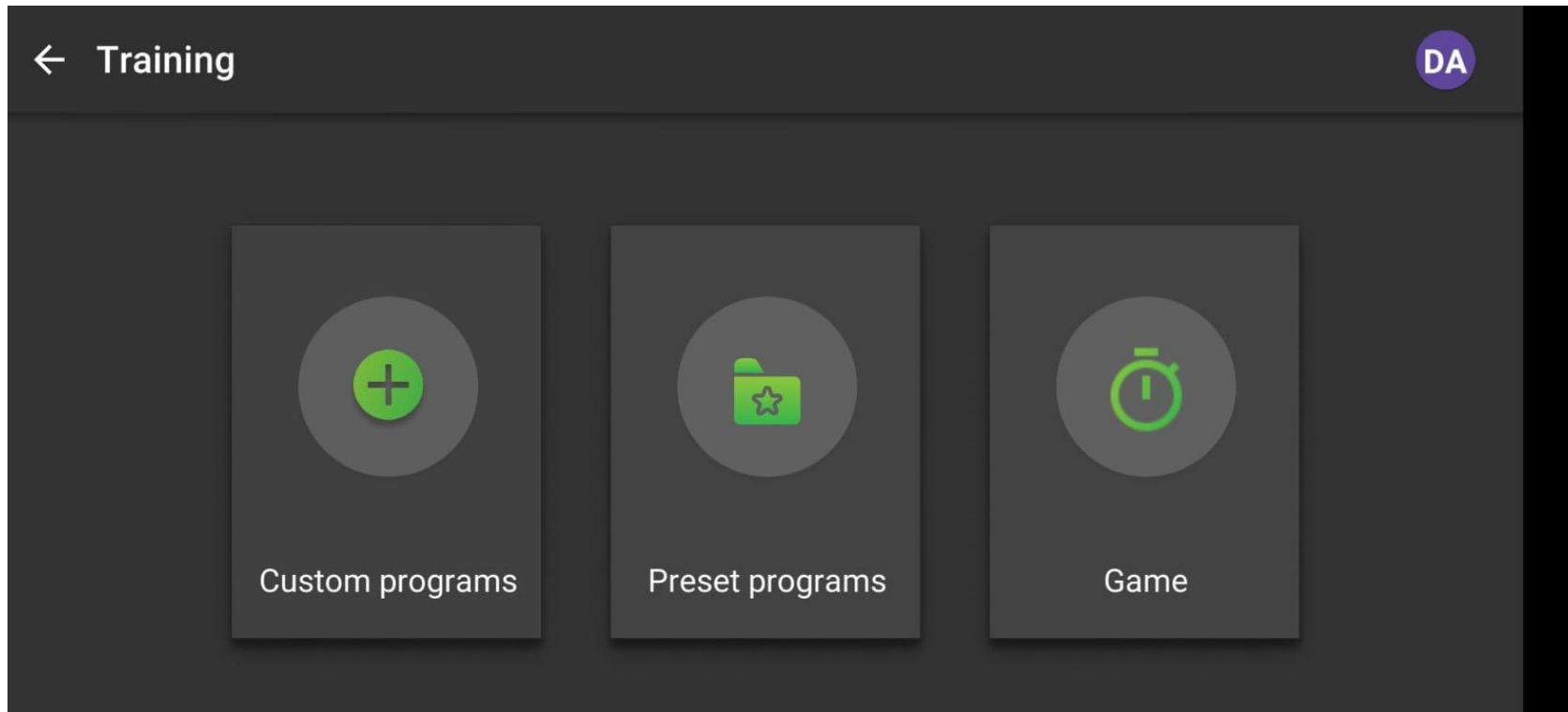
# *Balance / Training / Custom Programs*



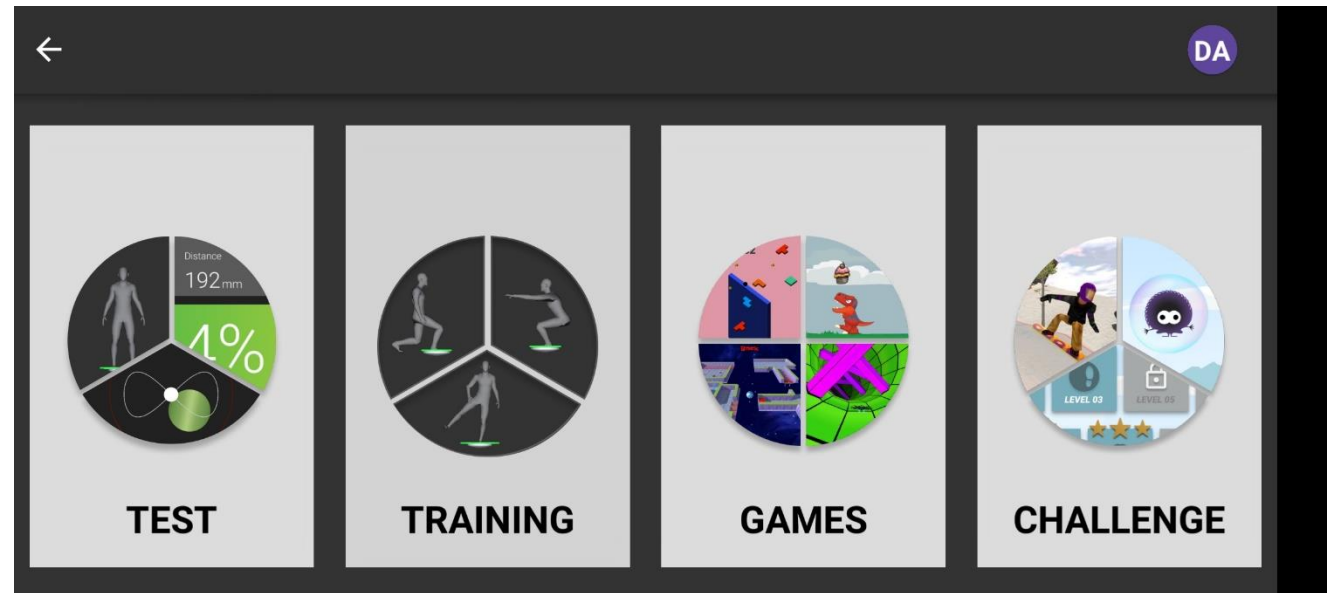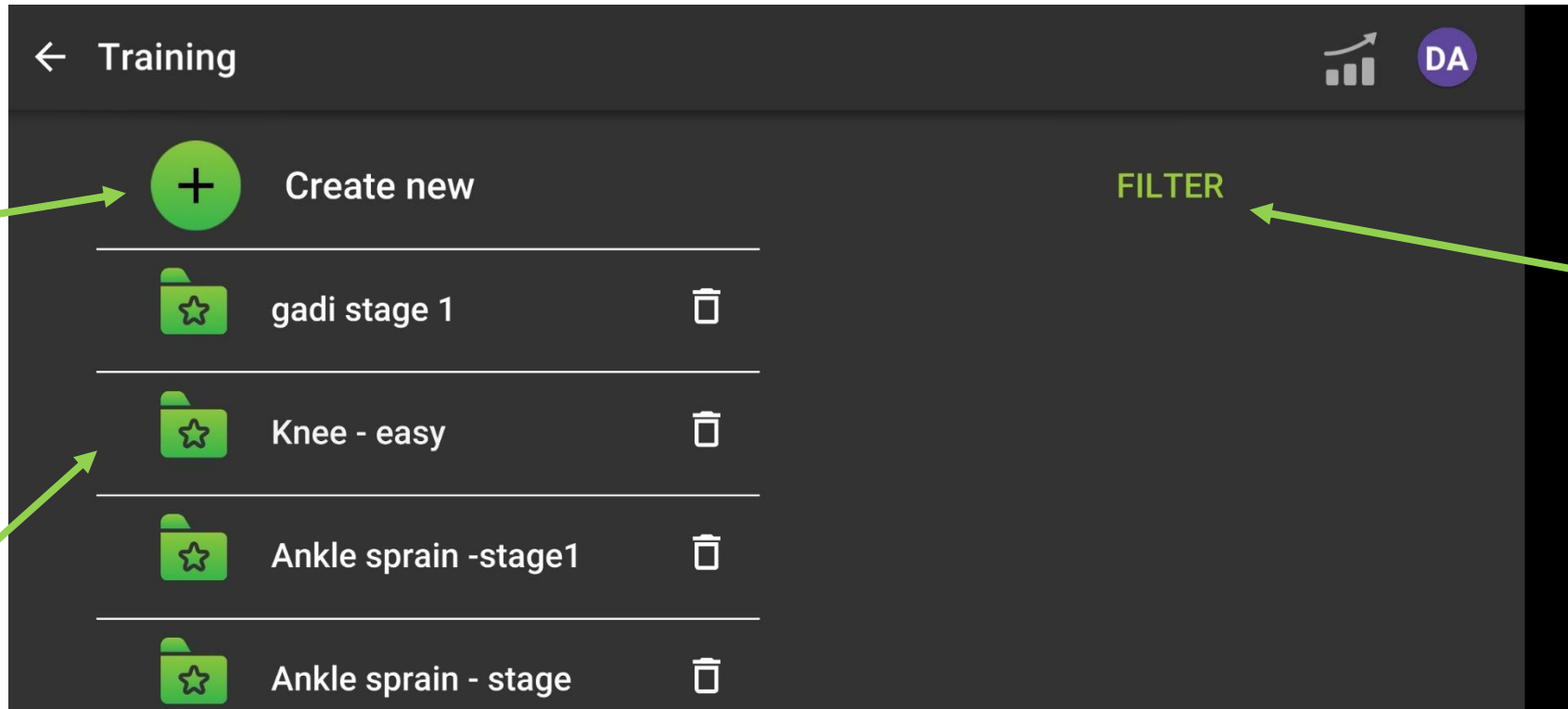**Create new customized training program**

**Choose one of your previous saved programs**

**Tap the FILTER button and quickly find the training program you need**

# Balance Training / Custom Programs / *Create New*

## Choose the posture
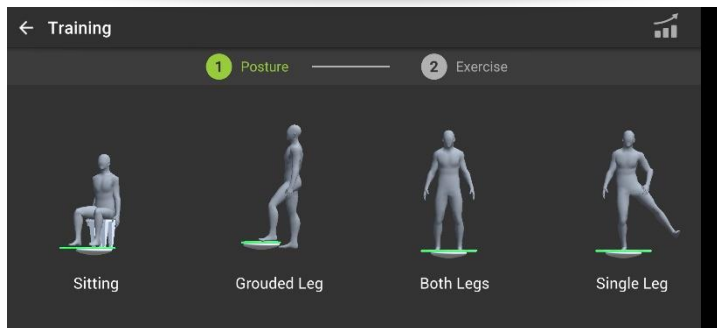


## Choose the exercise



## Save & Start



*Create your own customized training program in 2 simple steps and save it for further use.*
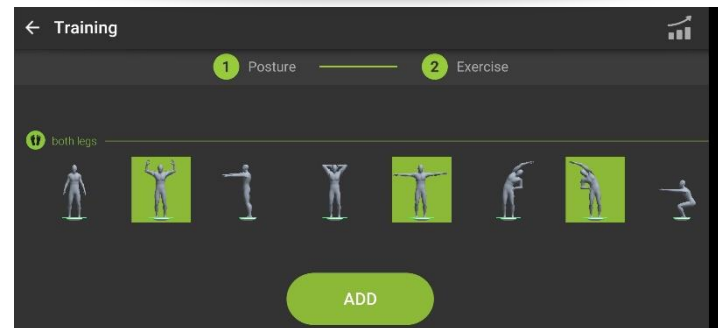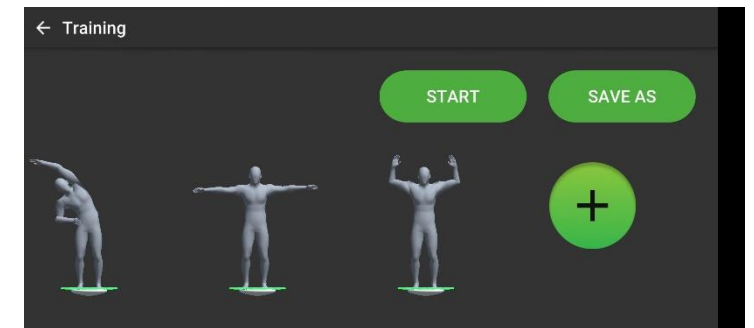
# Balance Training / Custom Programs / *Share*

## Choose a program from the saved list



## Tap SHARE



## Add comments for your trainee
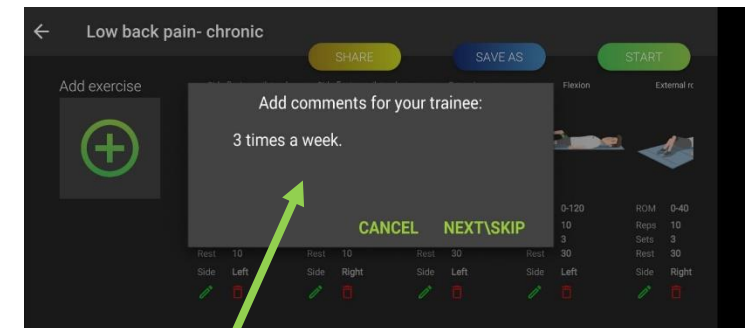
# Balance Training / Game/ *Share*



## Click "Game" on the menu
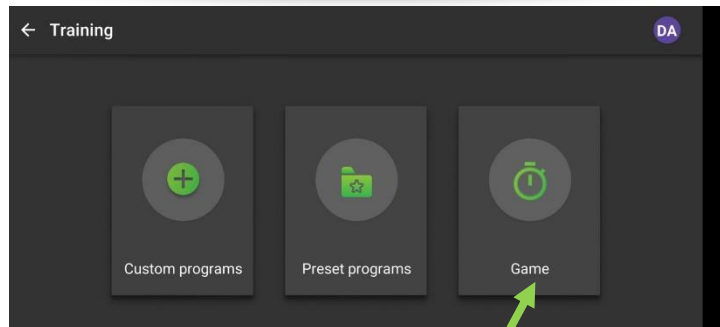
## Set the time and tap SHARE
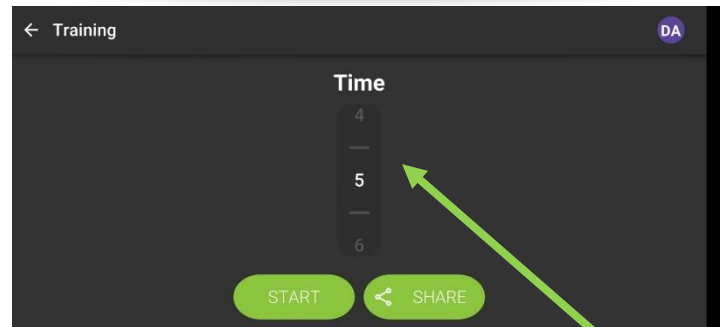
## Add comments for your trainee
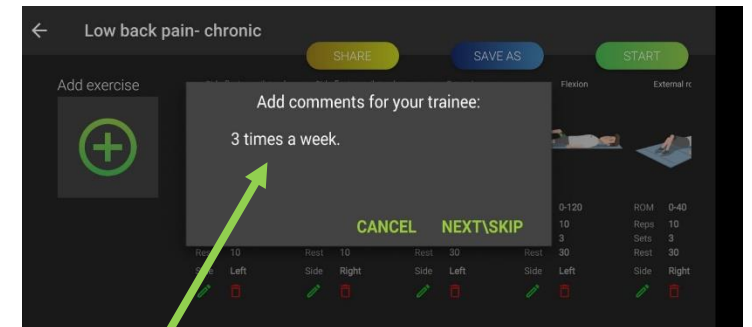
# Balance Training / Custom Programs / *Exercises*
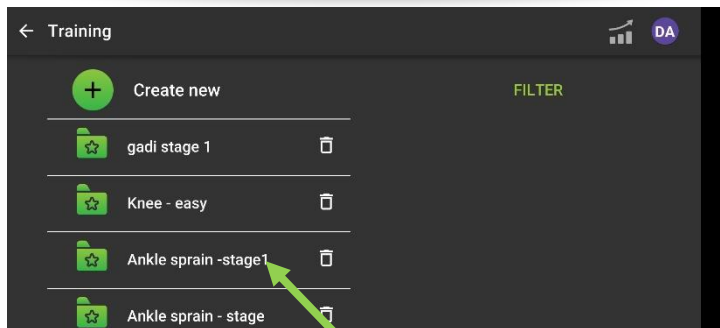
## Both legs
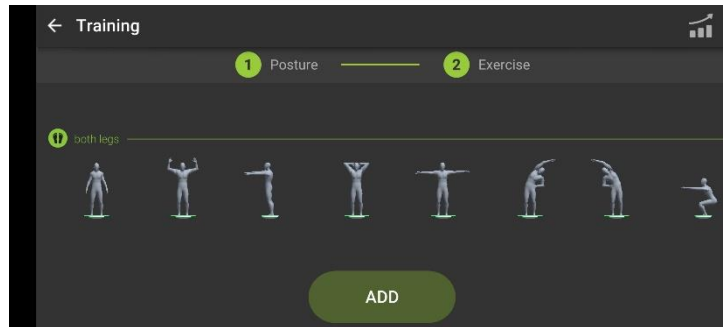


## Grounded leg
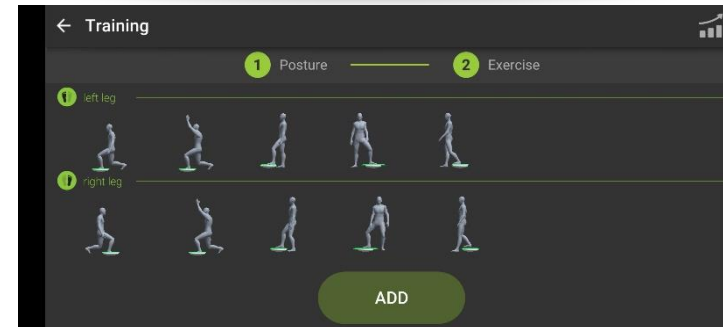


## Single leg



## Sitting



8
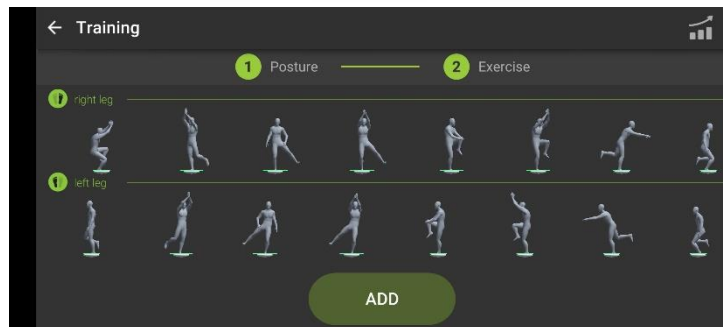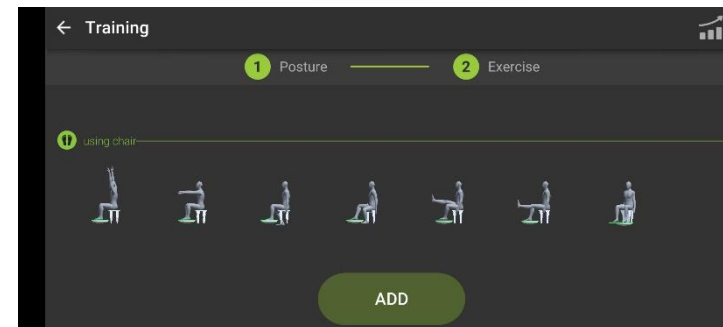
# Balance Training / *Preset Programs*

**Choose the body part**

**Time**

**Level**

*Fast-programs: Easily set the parameters for your training session and a virtual trainer will guide you through it*
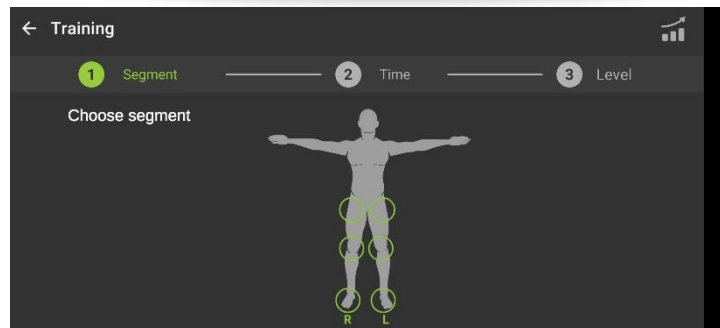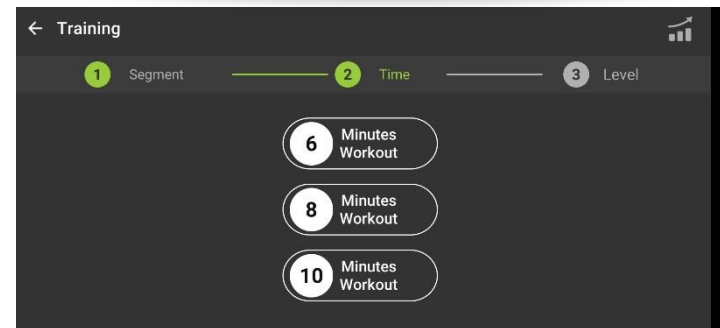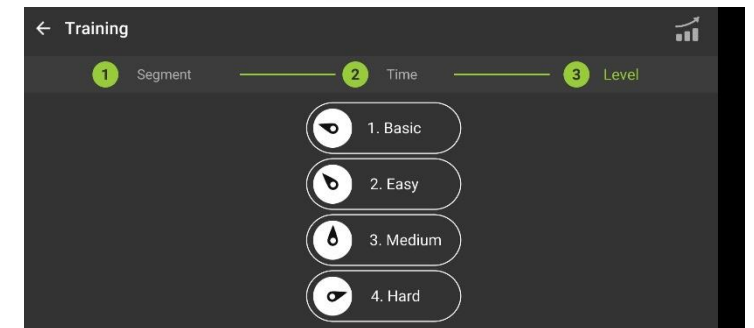
# Balance Training / *Training sessions*



*Stand or sit on the bobo balance board, and follow the virtual trainer exercise posture on the left side of the screen while trying to keep the white ball within the green circle*
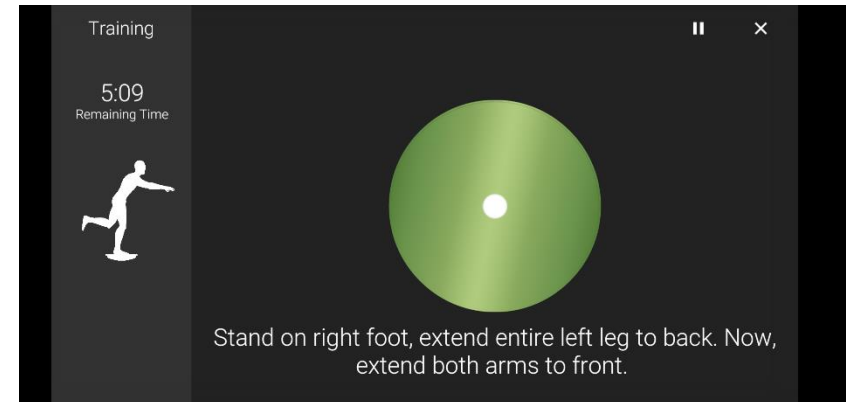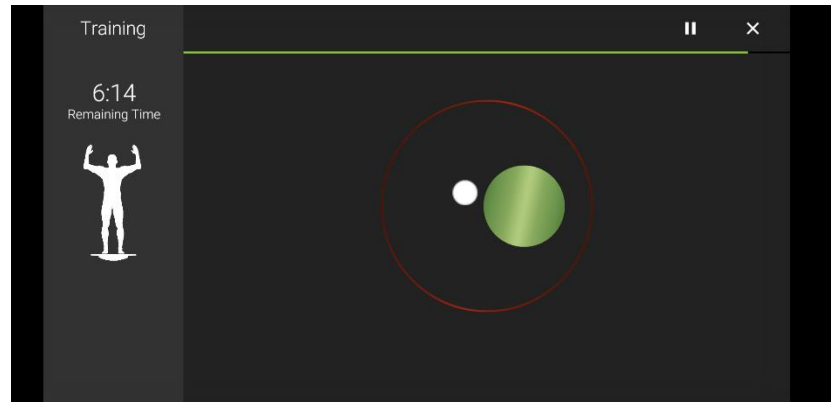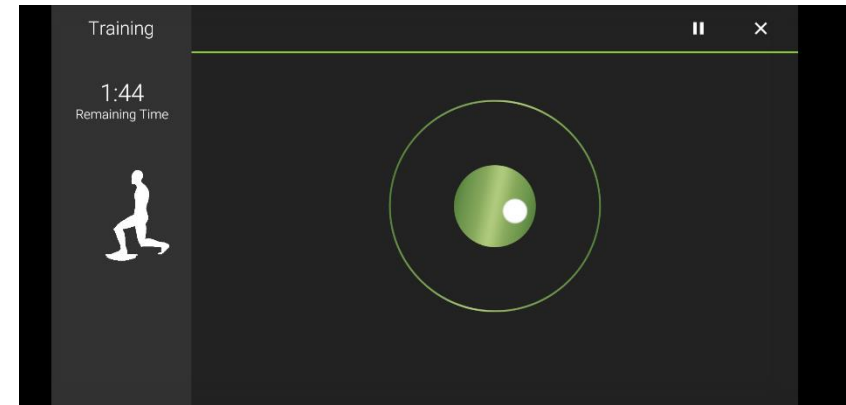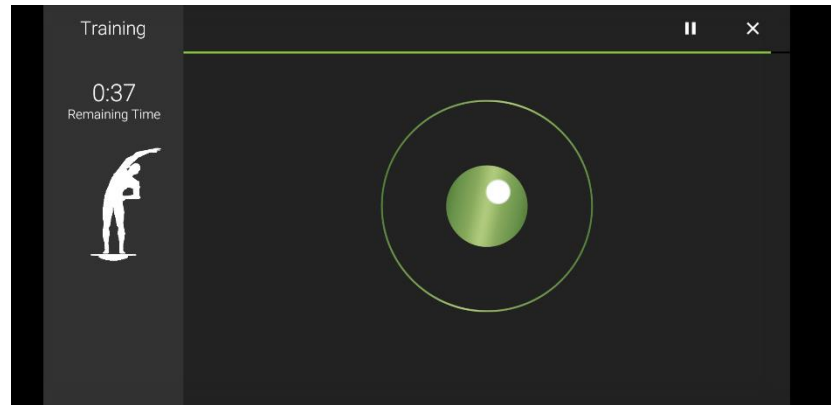
# Balance Training / *Score Screen*
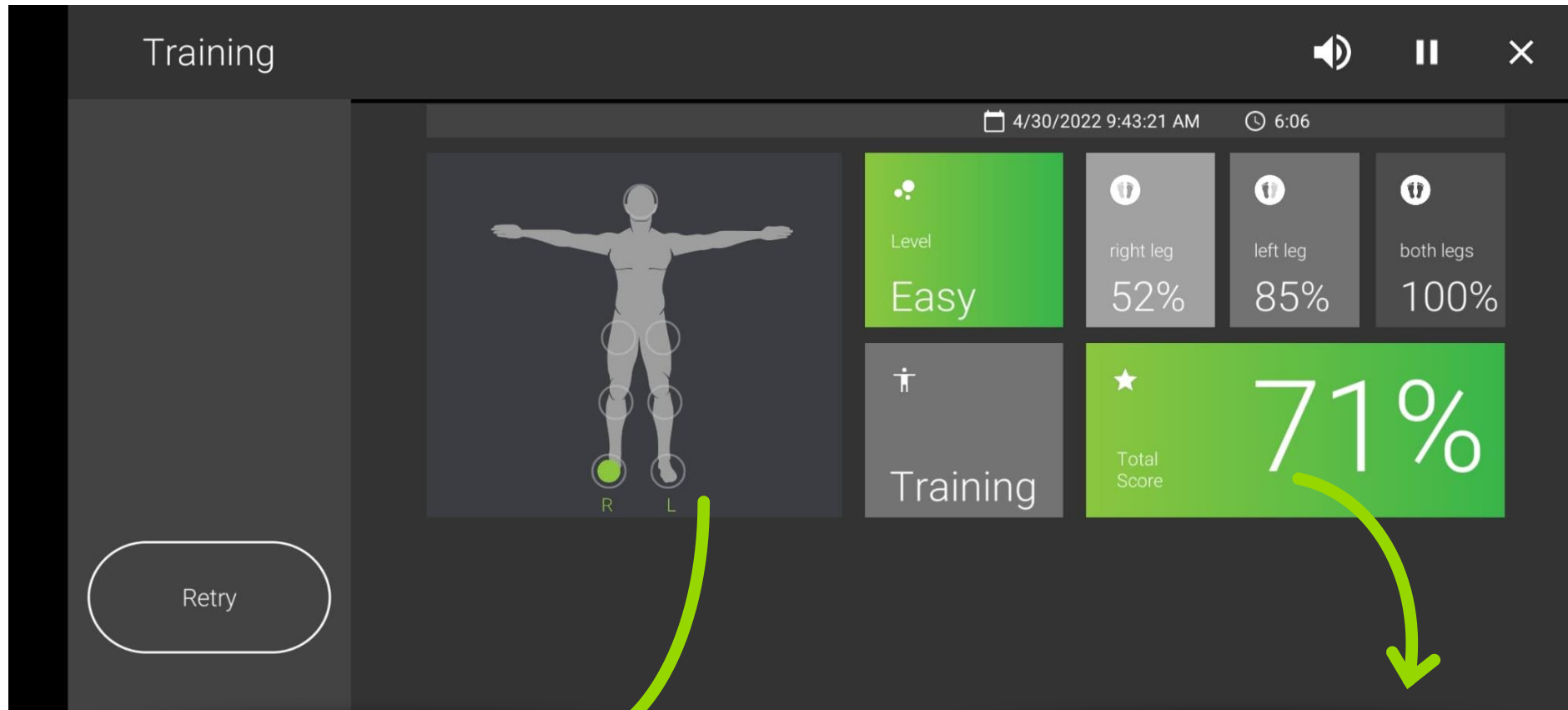


The chosen joint for the training program

Score = % of the time you kept the white dot inside the green circle

# Balance / *Test*

*Choose the exercise posture, type of balance test, and the difficulty*
*(the size of the green circle)*
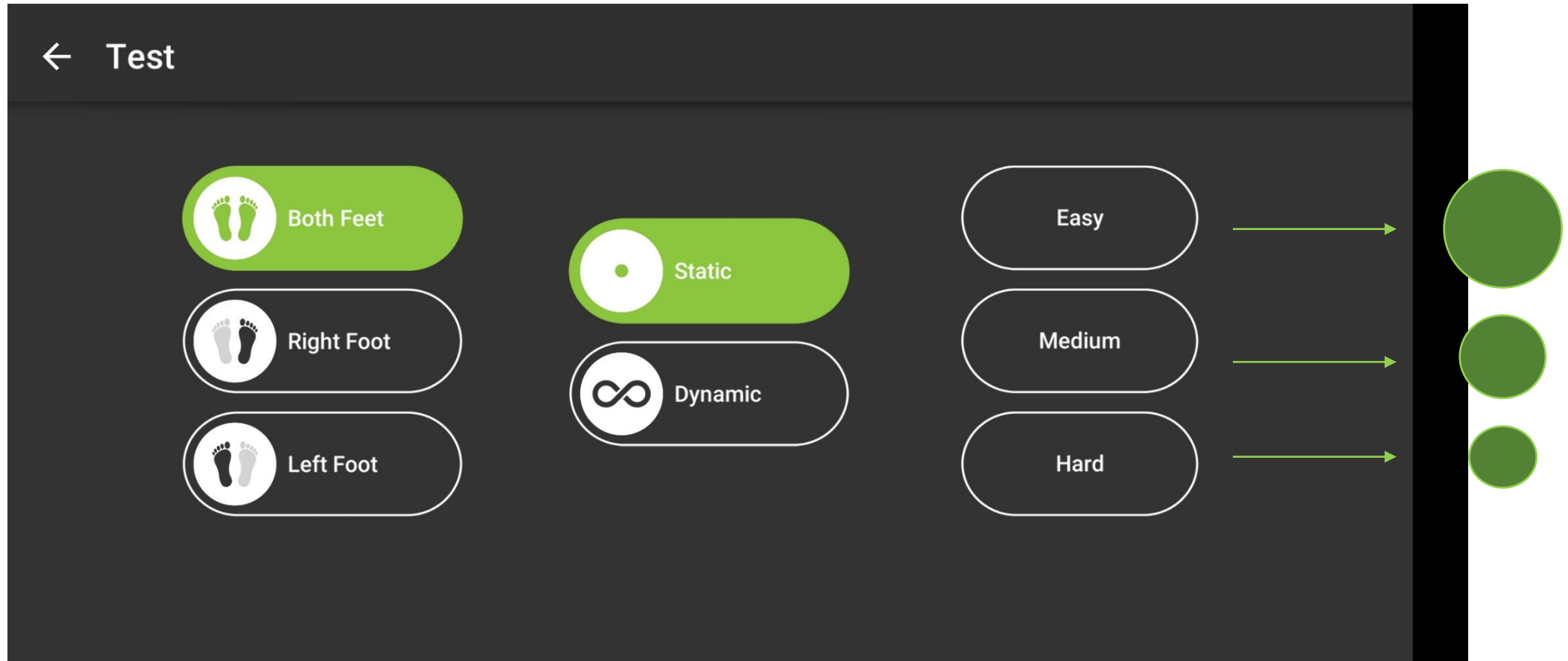
# Balance / Test / *Static & Dynamic*

**Dynamic Test**

**Static Test**



13 **Stand on the bobo balance board, and follow the virtual trainer exercise posture on the left side of the screen while trying to keep the white ball within the green circle**
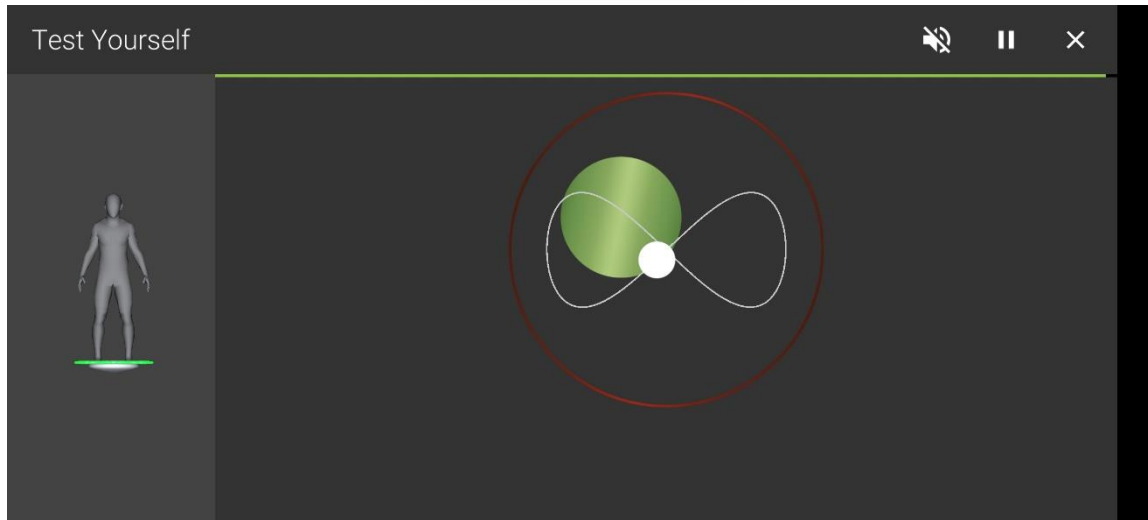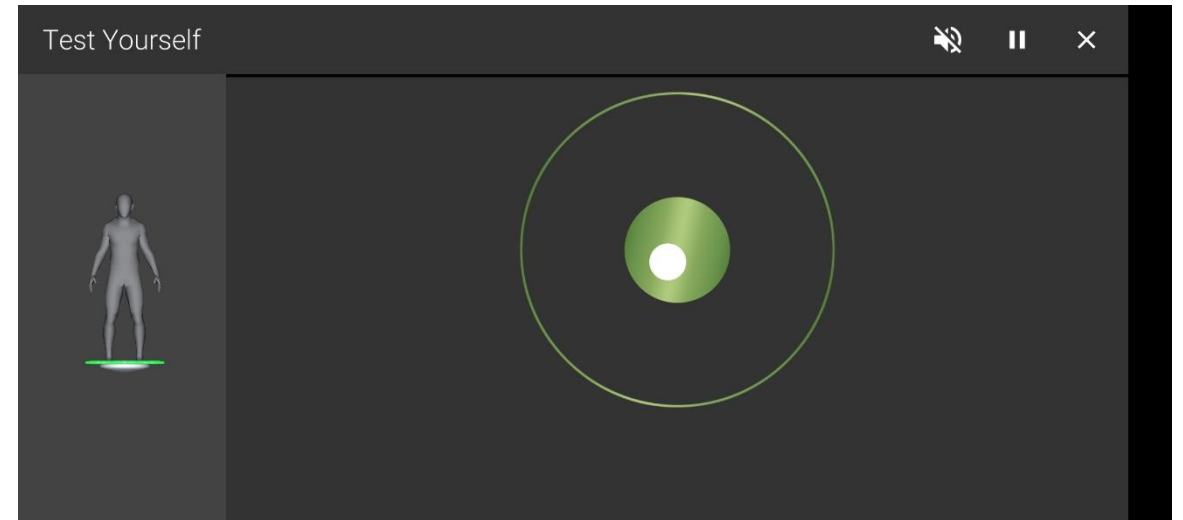
# Balance Test / *Score Screen*

# Balance / Games Menu

*Scroll and tap to choose a game*

# Balance Games / Candy Rex

*Bring the white ball into the black hole*

# Balance Games / Mini Golf
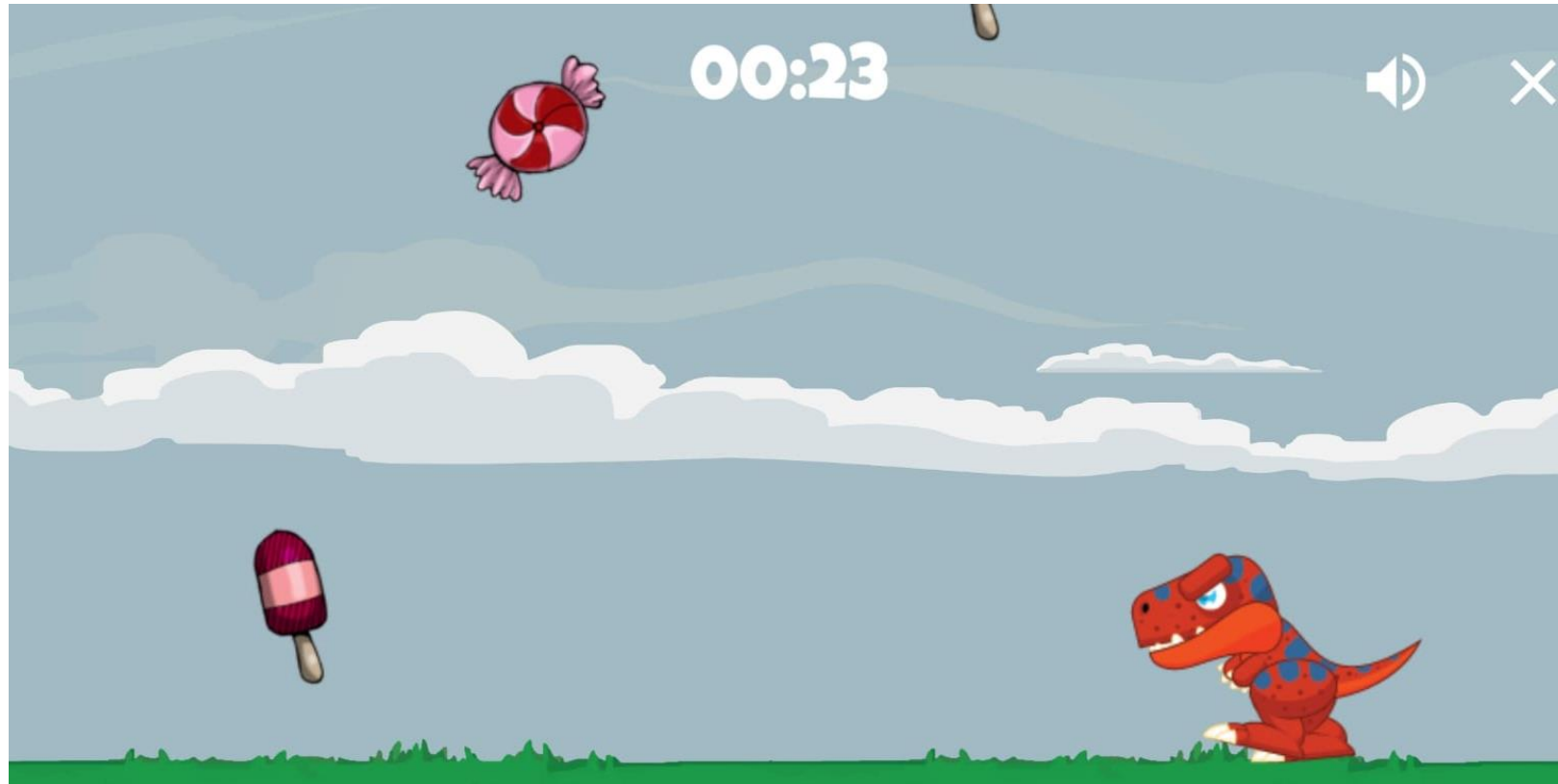
*Collect all the sweets falling from the sky. Each candy adds 5 seconds to the game-timer. The game is over when the game-timer count down to 0*

# Balance Games / Ice Adventure
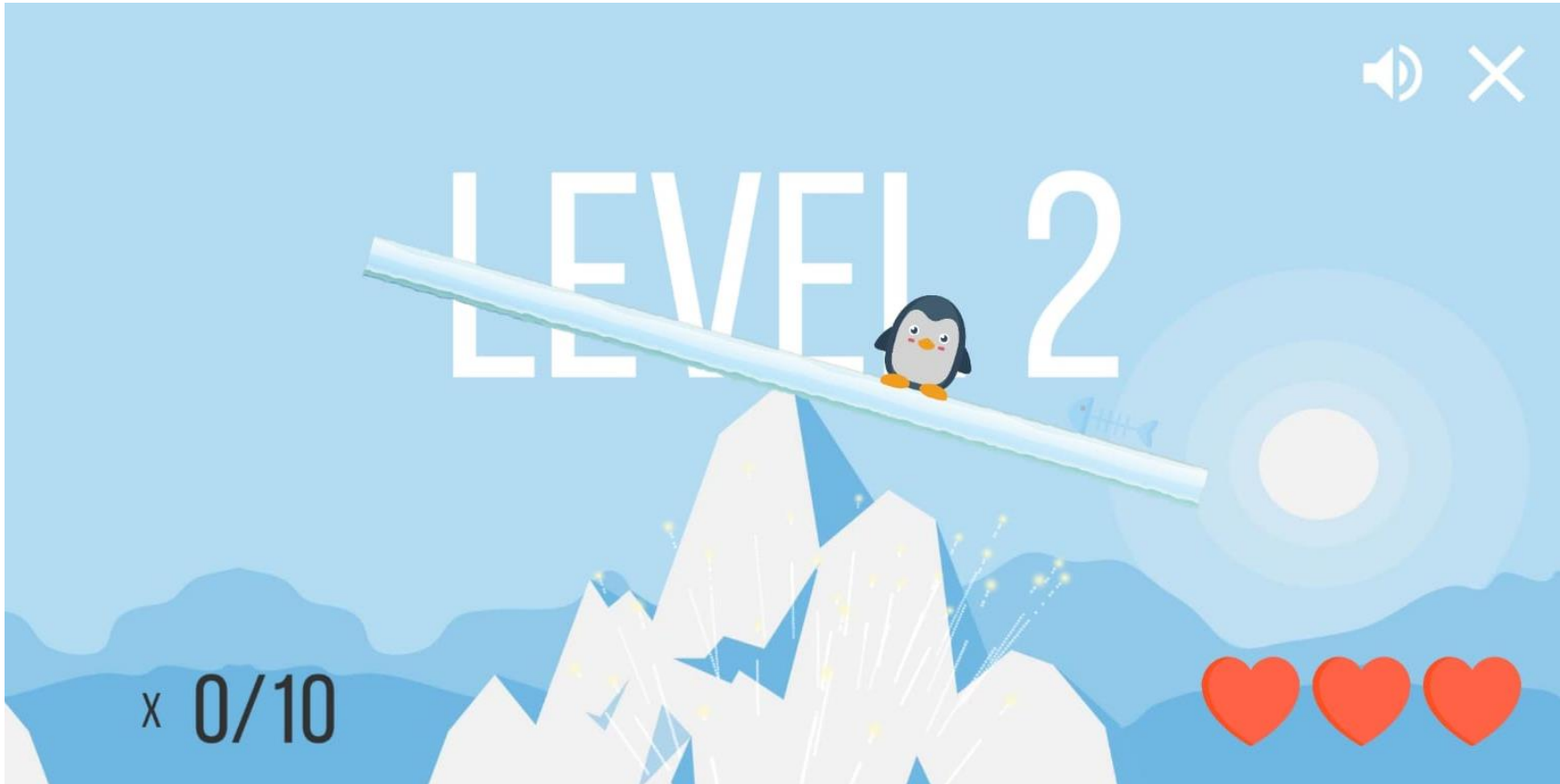
**Mission: Tilt the black line to move the white ball and break all eggs. Try to keep the ball on the black line. Game over when the white ball falls from the line 3 times**

# Balance Games / Tetromino

*Tilt right-left. Try not to hit the Tetris shapes*

# Balance Games / Maze
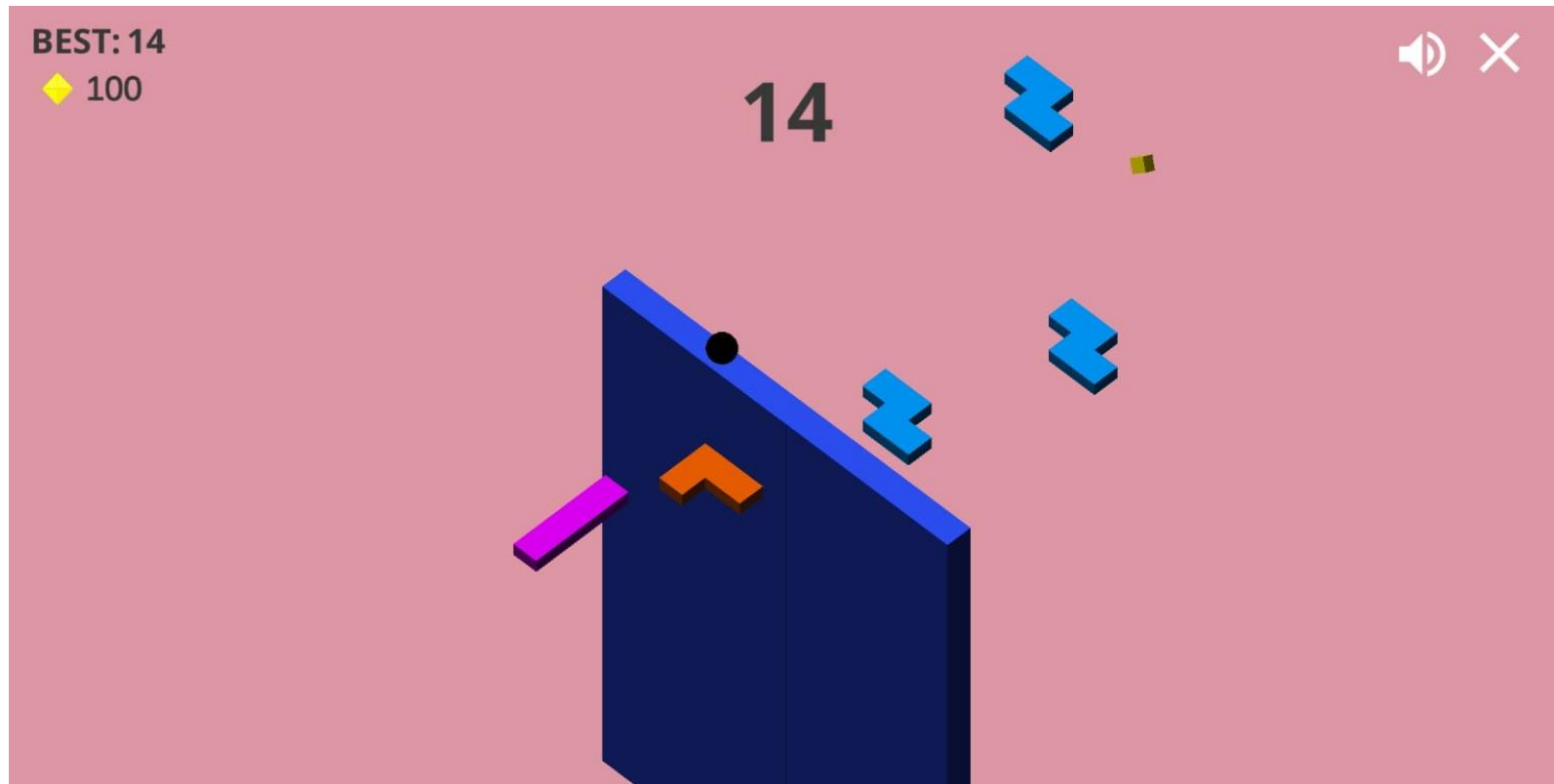
**Mission: Bring the white ball into the black hole**
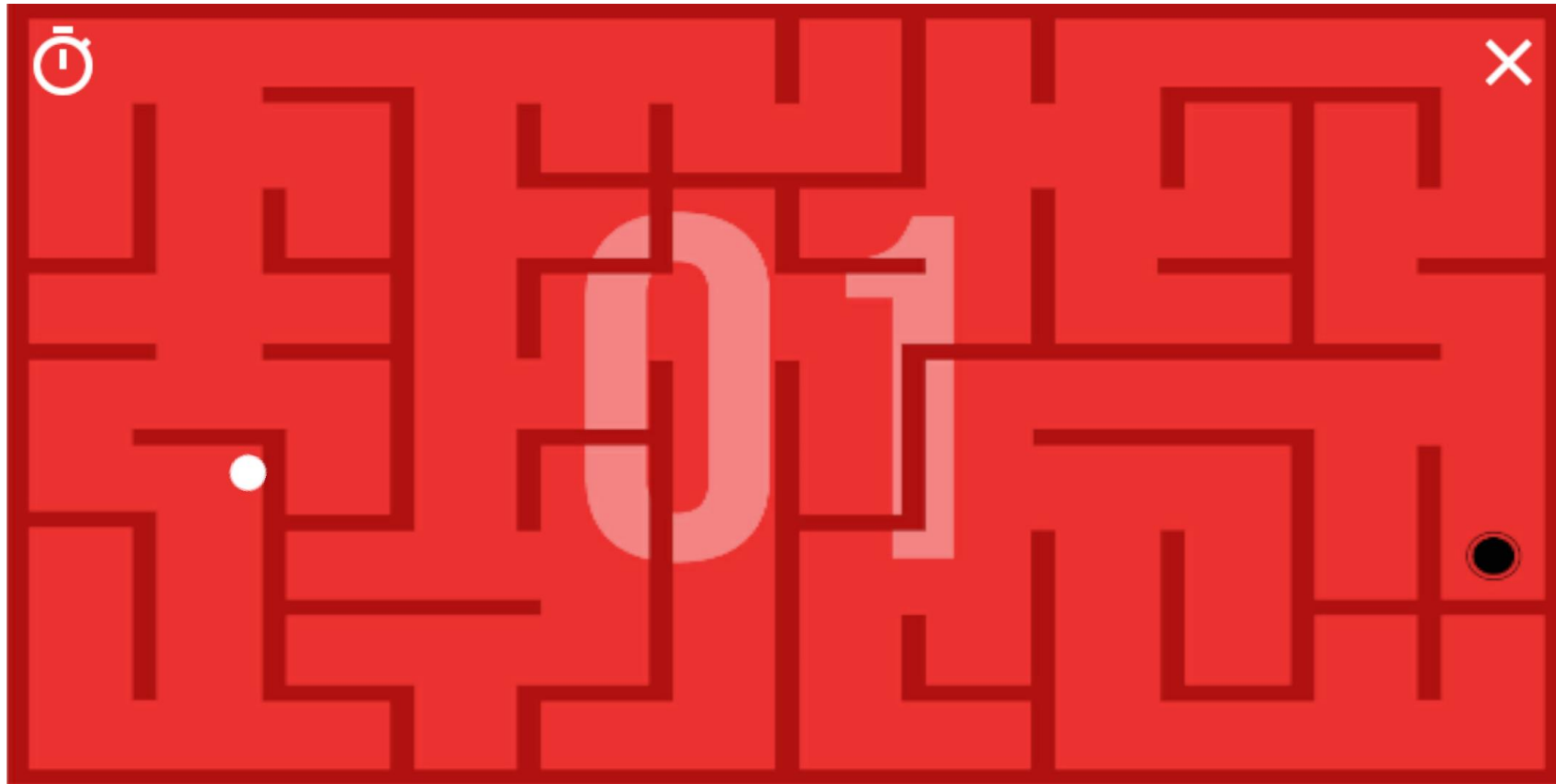
# Balance Games / Fall Down

*Tilt right and left to keep the ball from falling down. The game is over when the ball touches the top of the screen*

# Balance Games / Color Tunnel

*Tilt the spaceship right and left to avoid the obstacles. The game is over when the spaceship hits one of the obstacles*
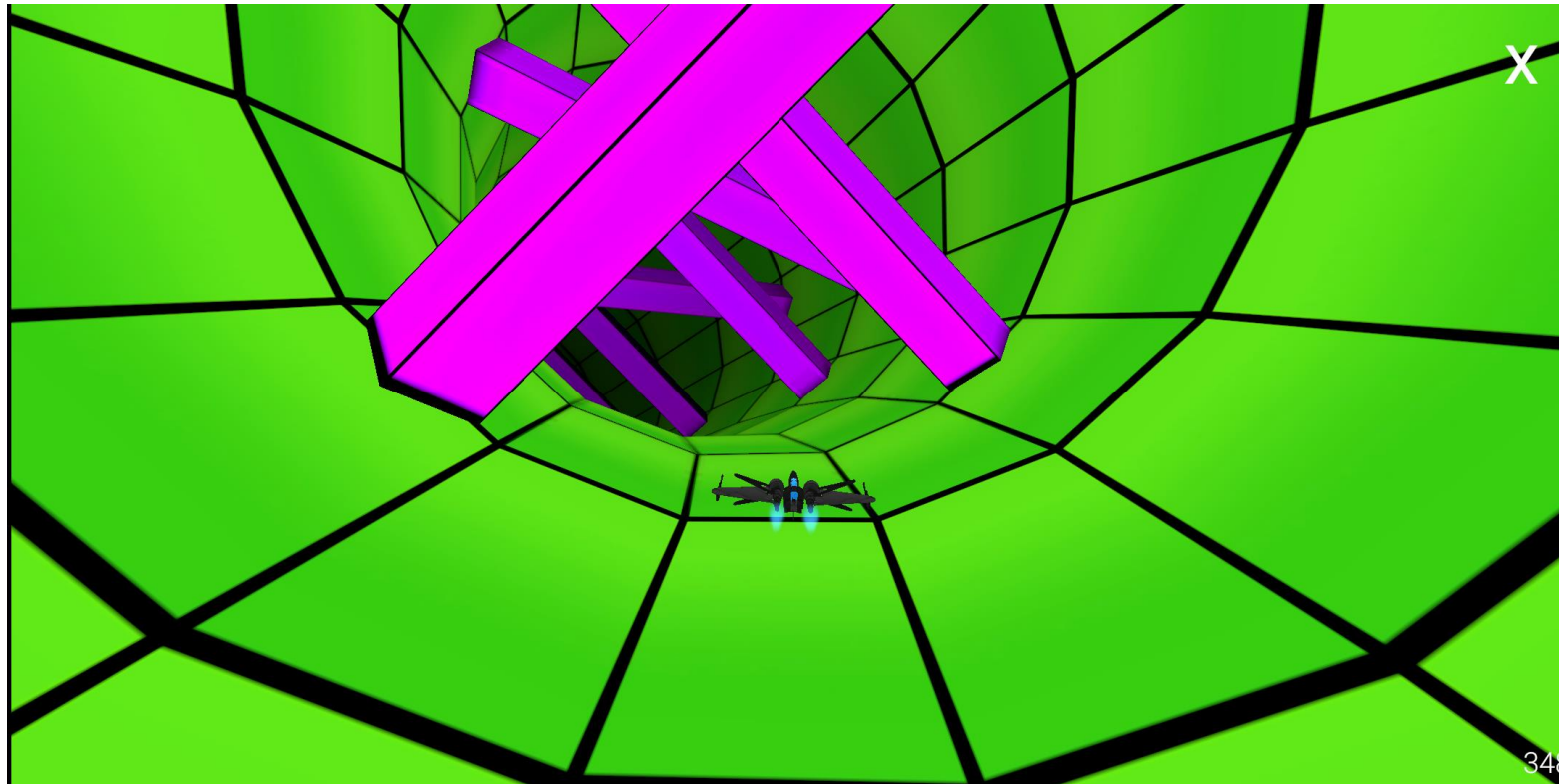
# Balance Games / Harvest Rush

*Tilt the board right and left to cut the corn and the wheat. Try not to hit the obstacles*

# Balance Games / Space Ball

*Find your way out!*
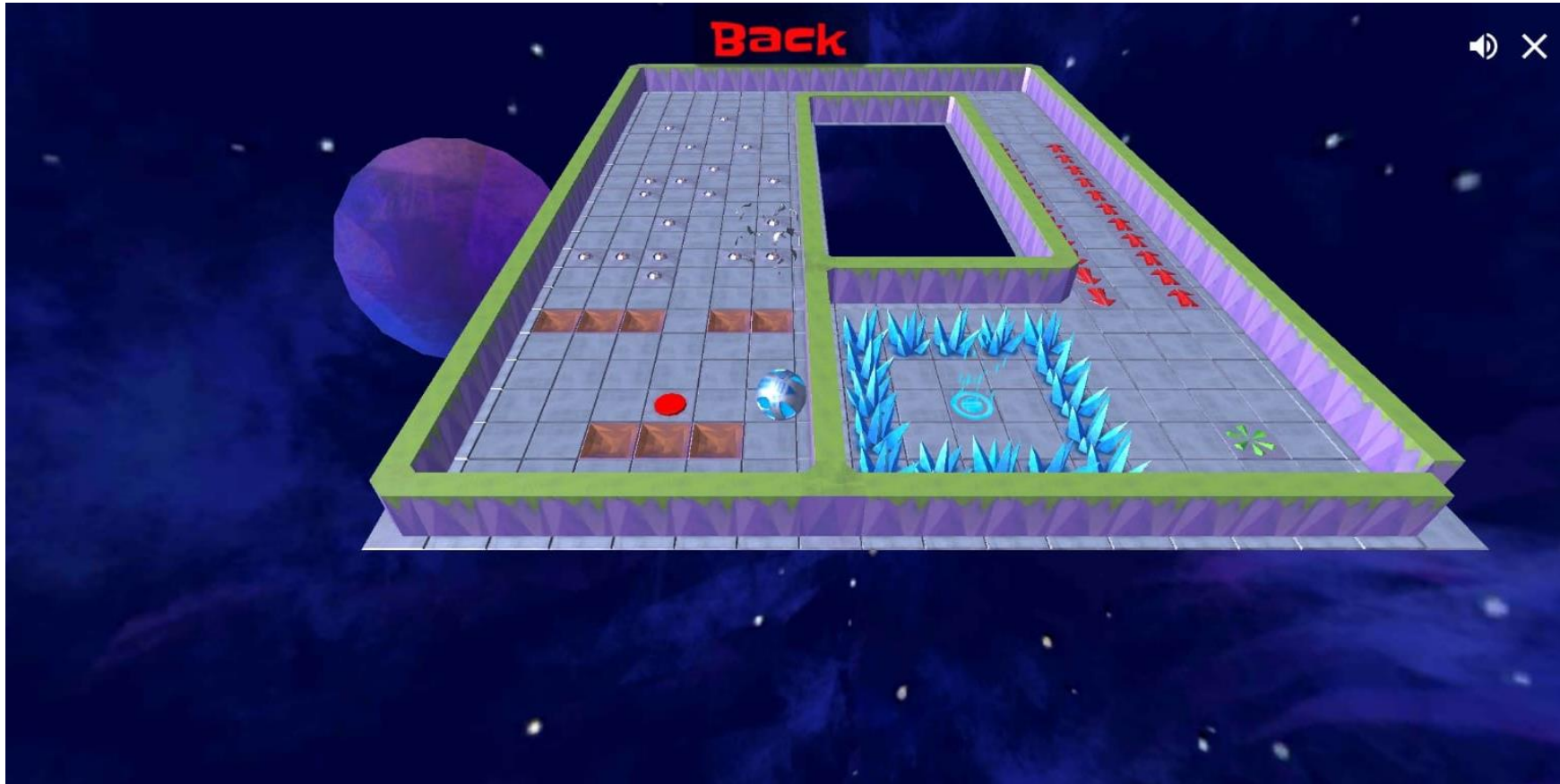
# Balance Games / Traffic Racer
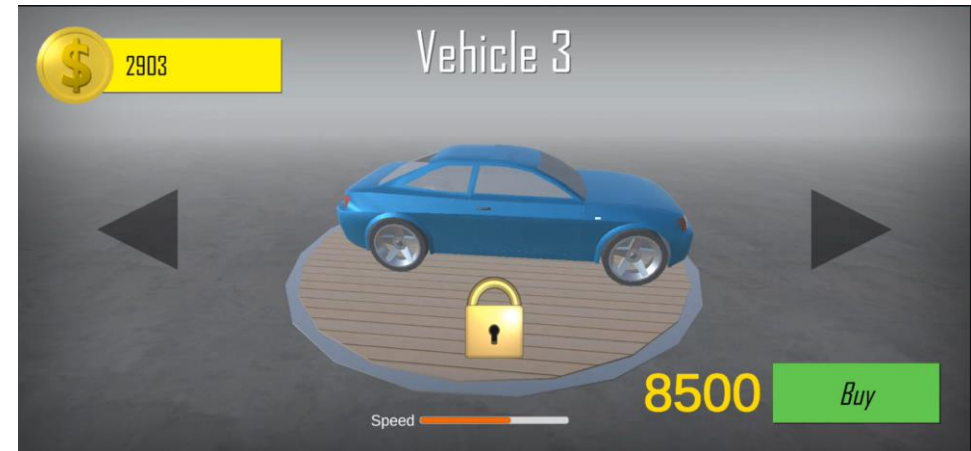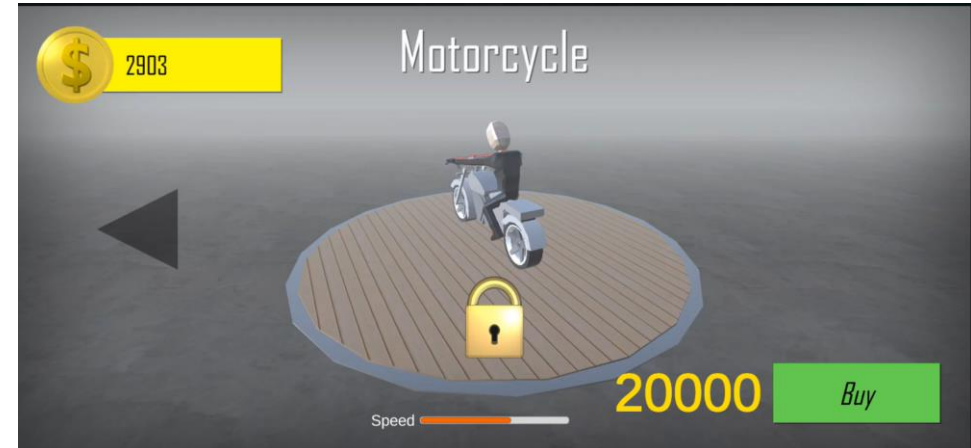


Tilt the car right and left to avoid the other cars and collect the coins.
The game is over when the your car hits other cars 3 times.

# Balance Challenge / Snowboard

*30 missions − increasing difficulty*
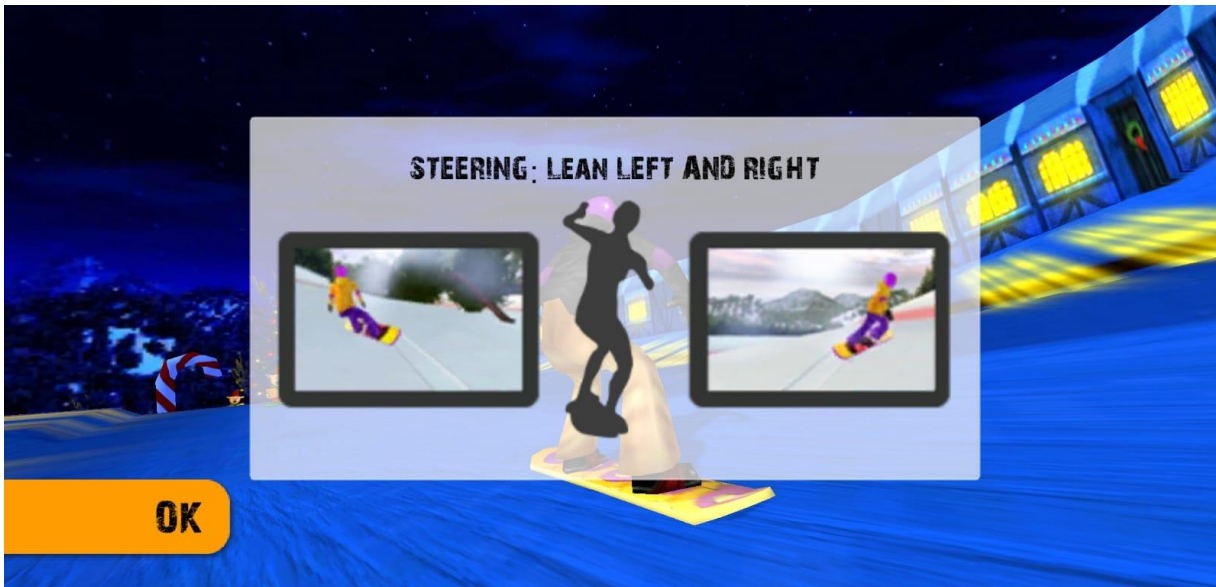
# Balance Challenge / Monster

*18 levels – increasing difficulty. Right/Left/Both feet exercise.*
*Mission: catch all the monsters*
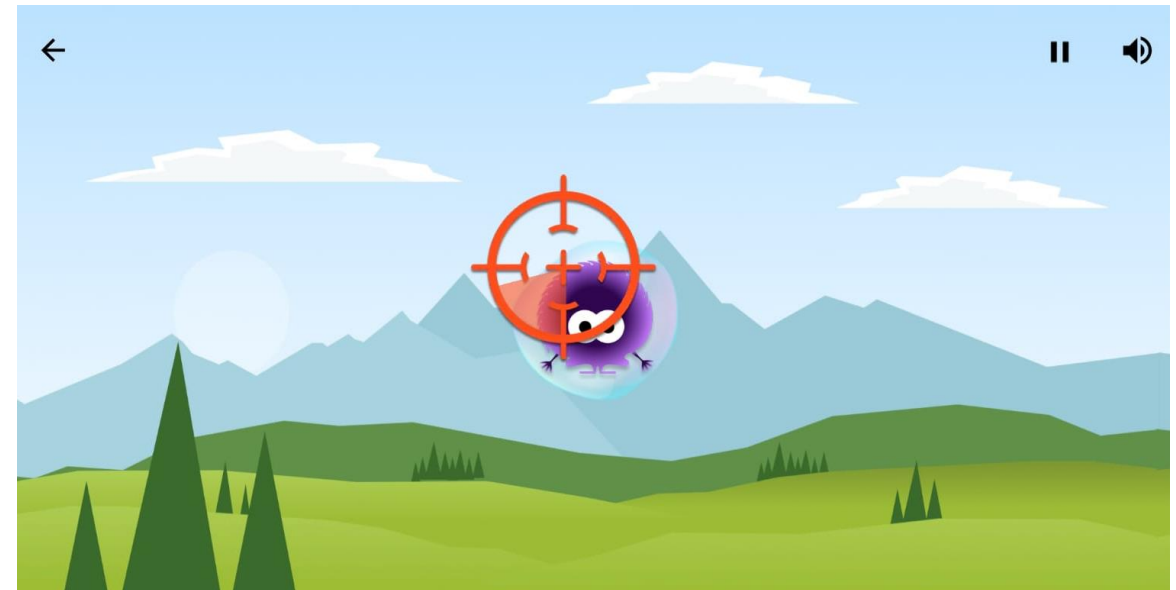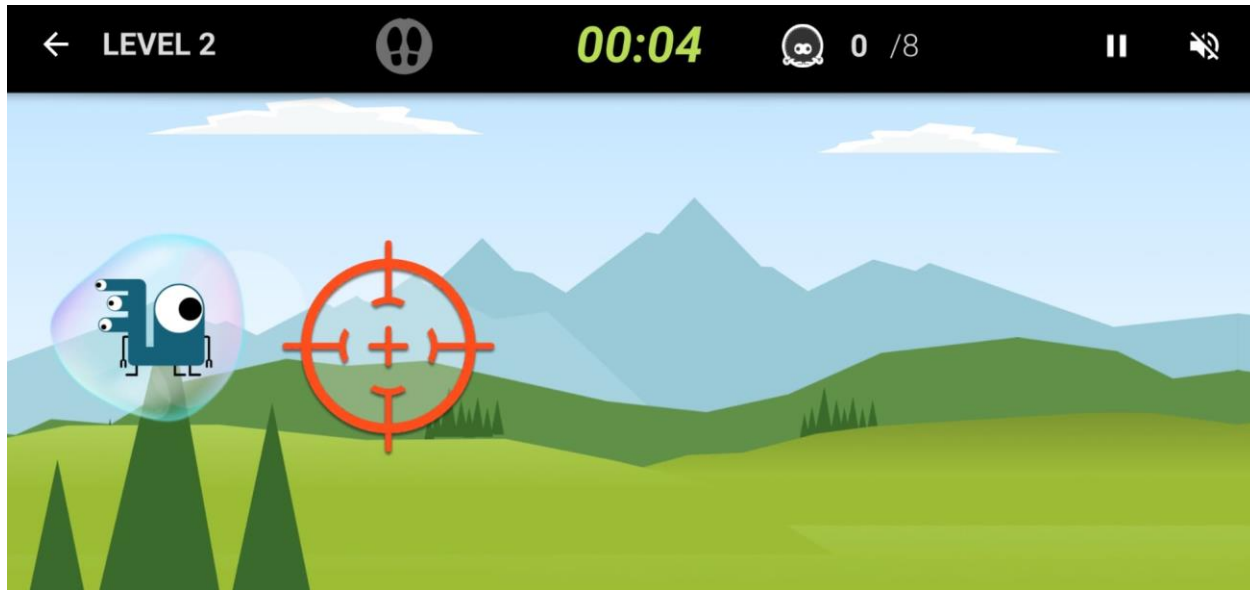
# *Strength and Flexibility / Menu*
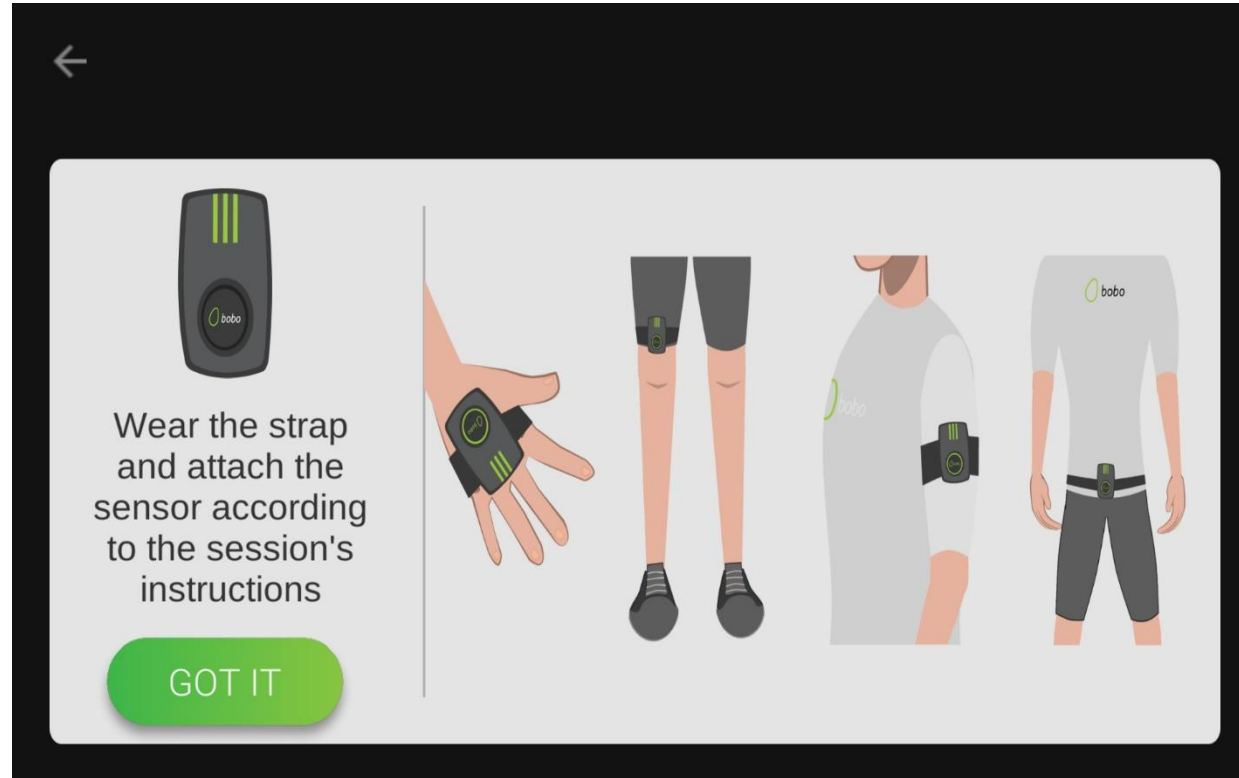
# Strength and Flexibility / *Menu*

**BoBo's predefined programs**

**My customized programs**

**Create new programs**
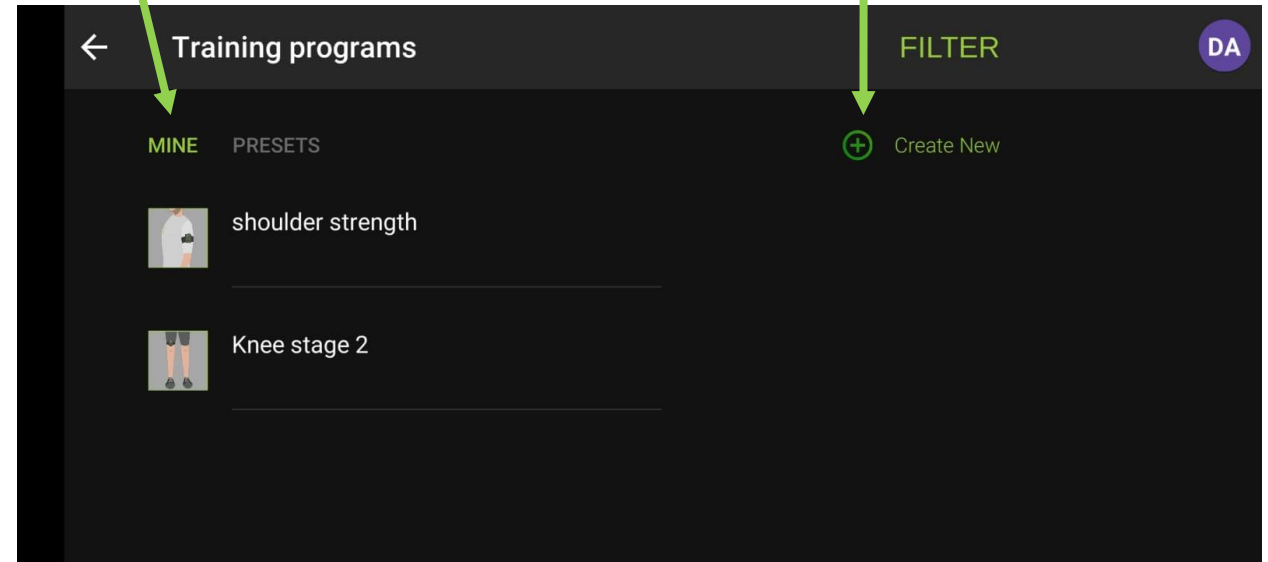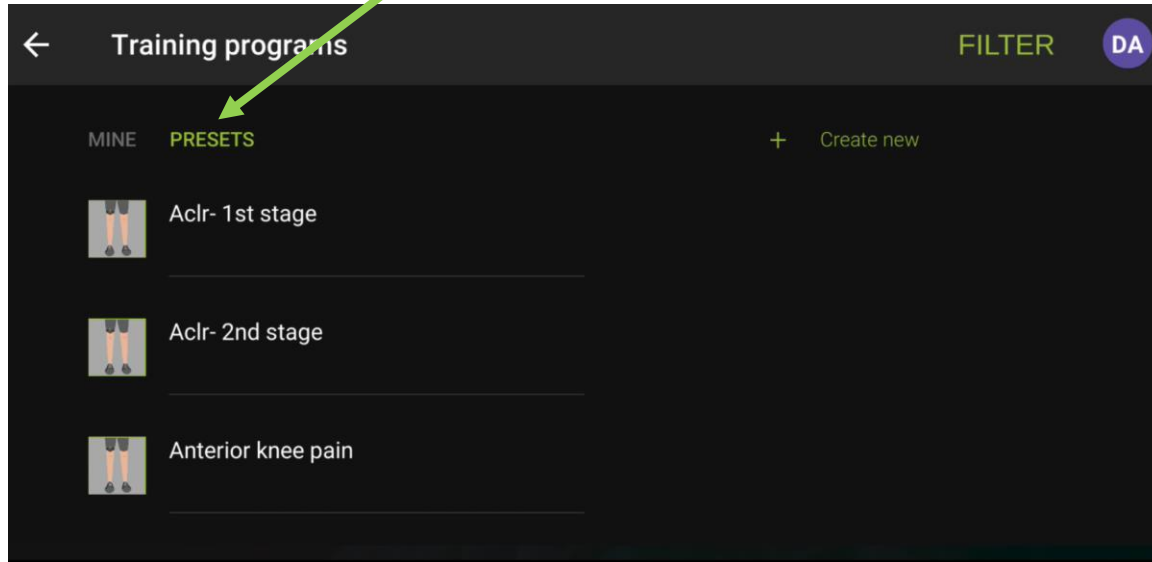
# *Strength and Flexibility / Menu / Filter button*

**Tap the FILTER button and quickly find the training program you need**

*Joints Filter*

# Strength and Flexibility / *Create New*

**Tap the exercise animation to add exercises to your customized training program**
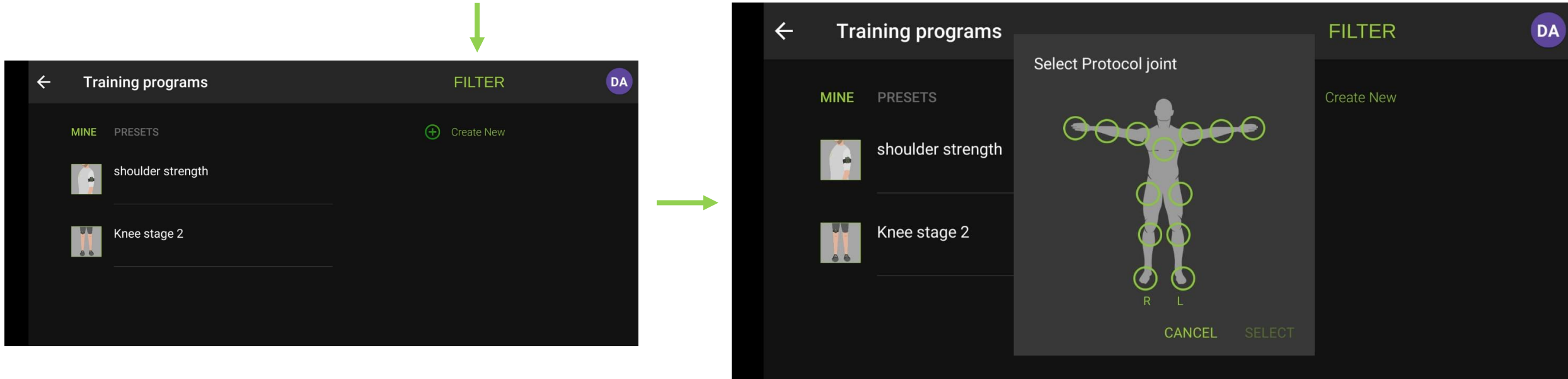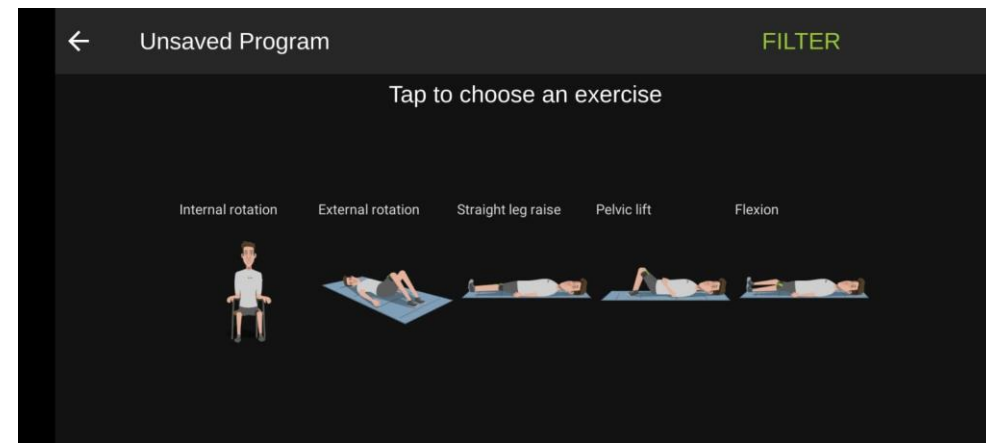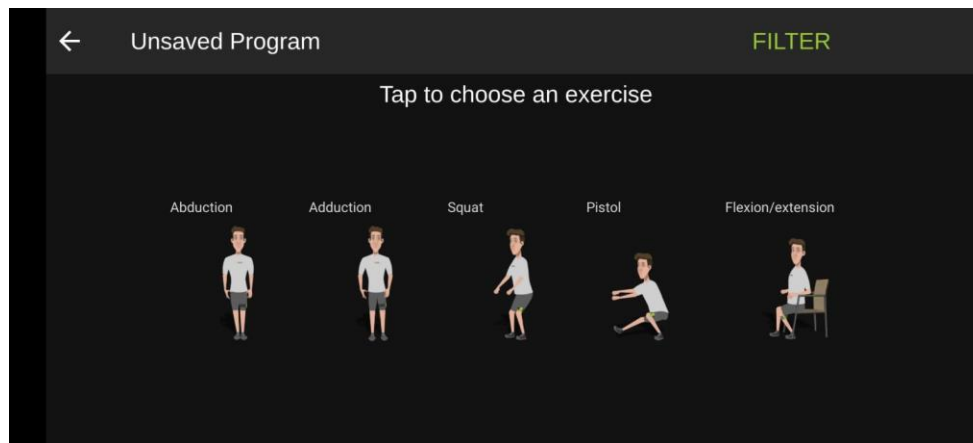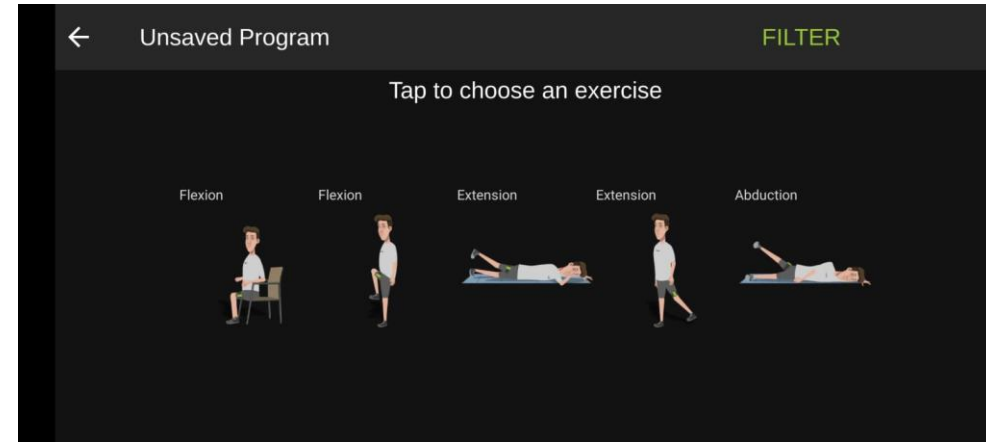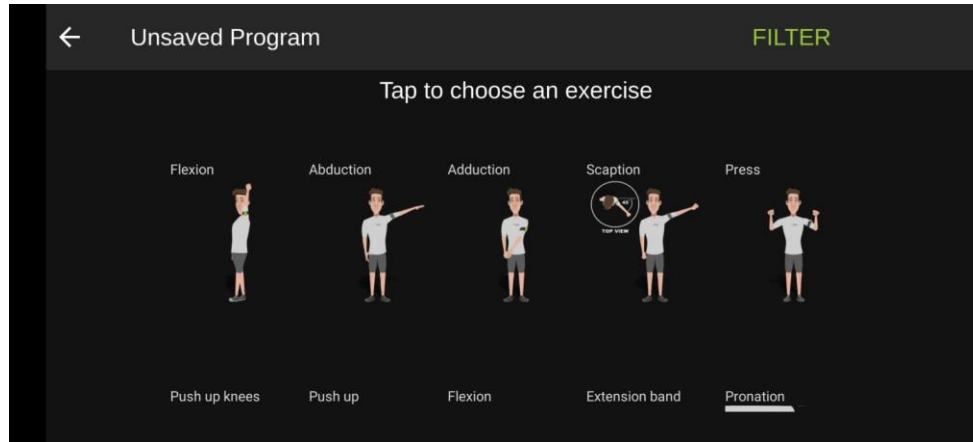
# Strength and Flexibility / Create New / *Add New Exercise*



**Choose the side L/R**

**Prescribed range of motion**

**Tap here once you have completed the settings**

**Scroll to set the exercise parameters**

**Choose the ROM by tapping one of the fast-programmed buttons, or adjust it manually**

# *Strength and Flexibility / Create New / Save or Start*



**Save your customized training program so you can access it later**

**Quickly share an unsaved protocol**

**Add one more exercise to the program**

**Start without saving**

**Edit / Delete exercise parameters**

# *Strength and Flexibility / Create New / Save*

*Save your customized training program so you can access it later for the same patients and for other patients. You'll be able to adjust the exercise parameters later if required*
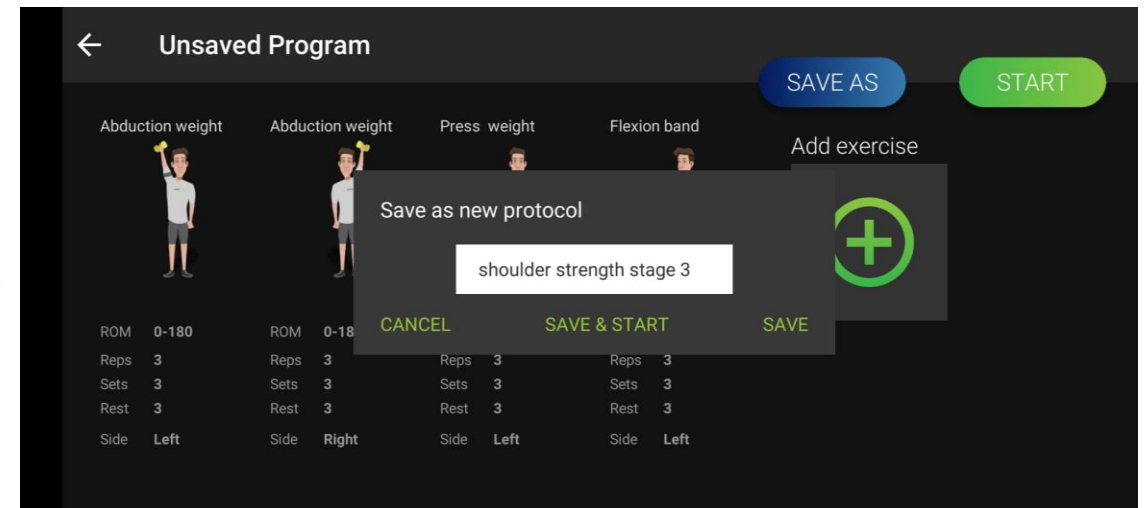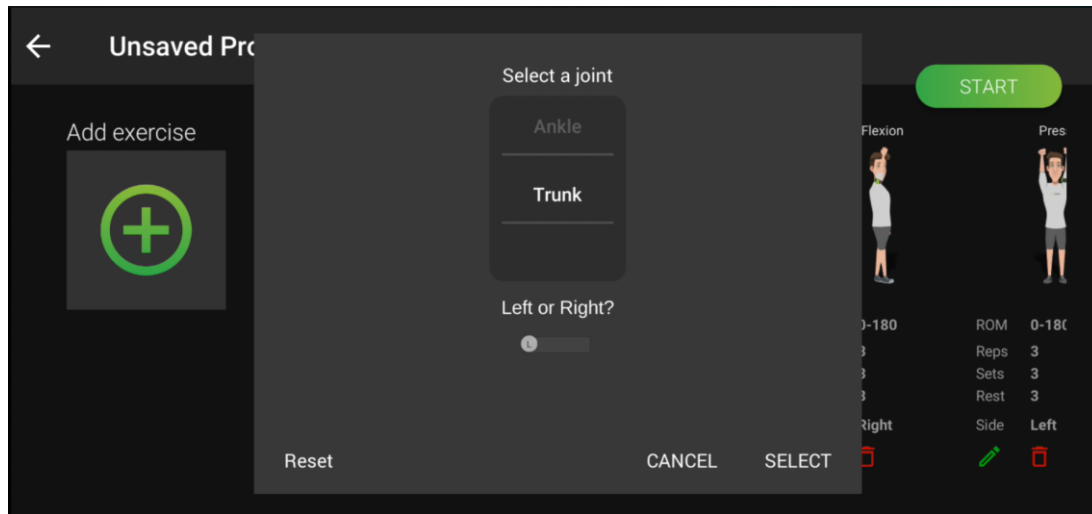
# *Strength and Flexibility / Share*



**Share an unsaved protocol or a preset protocol**
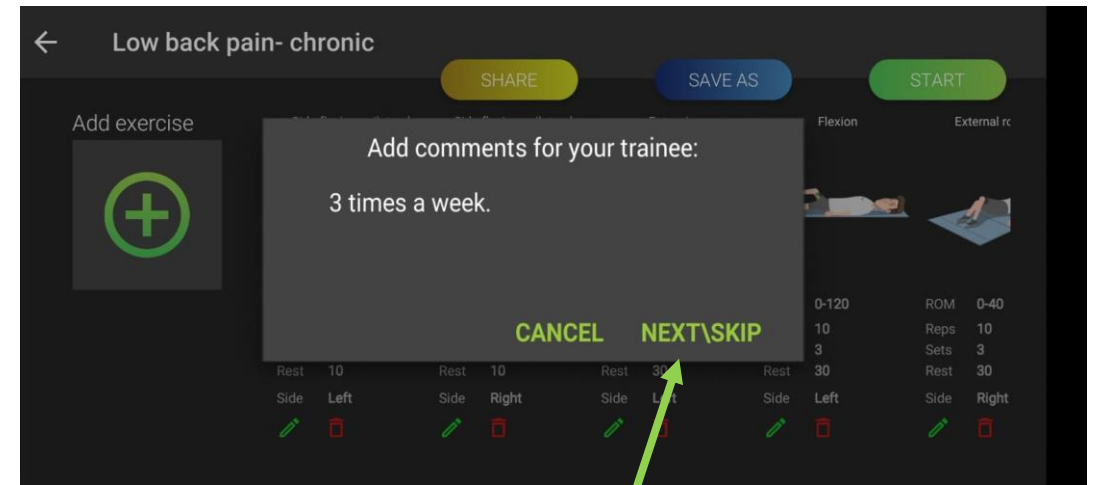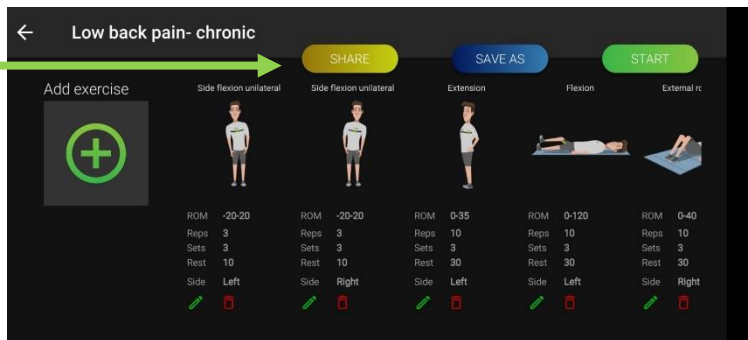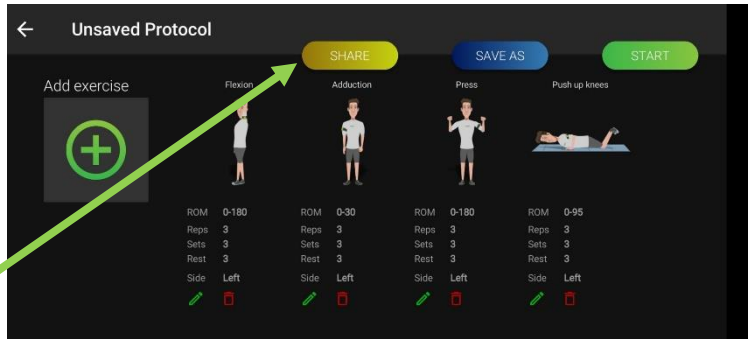
**Add comments for your patient to read before the prescribed training session**

*Share your customized training program with your patient*

# Strength and Flexibility / *Start a Training Session*



**Choose the training feedback
Basic = Protractor**
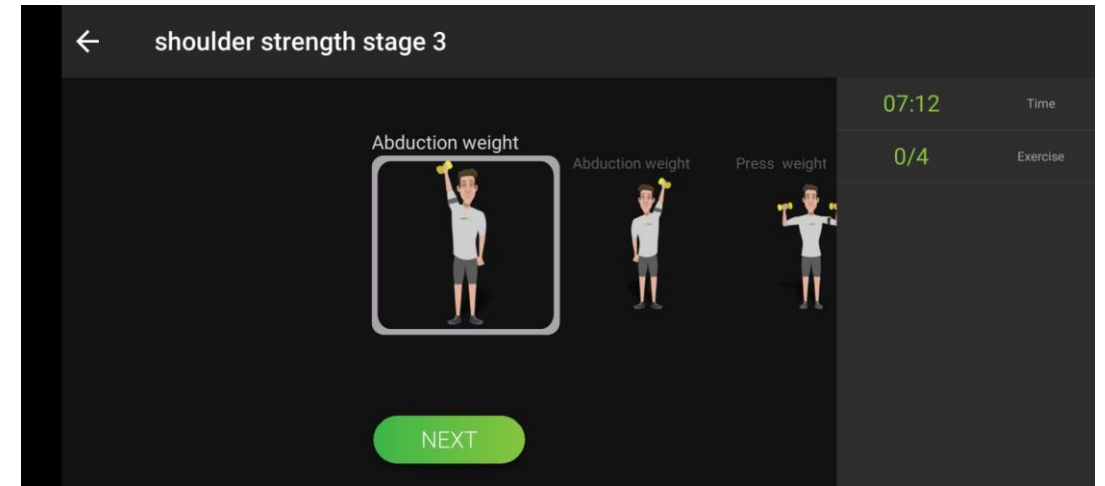
**Scroll to the right to see your
whole program**

# *Strength and Flexibility / Start a Training Session /* *Attach & Calibrate*
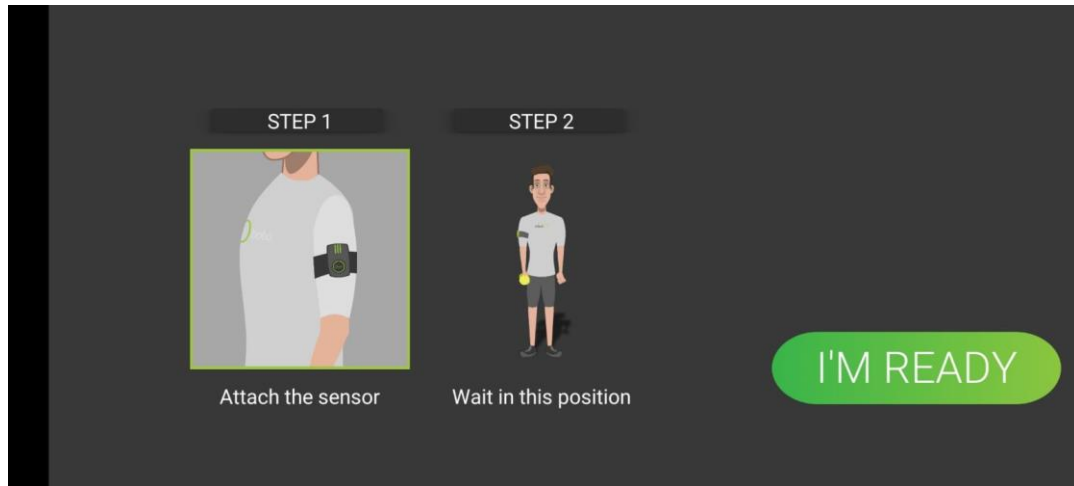


**Attach the sensor exactly as shown in the picture**
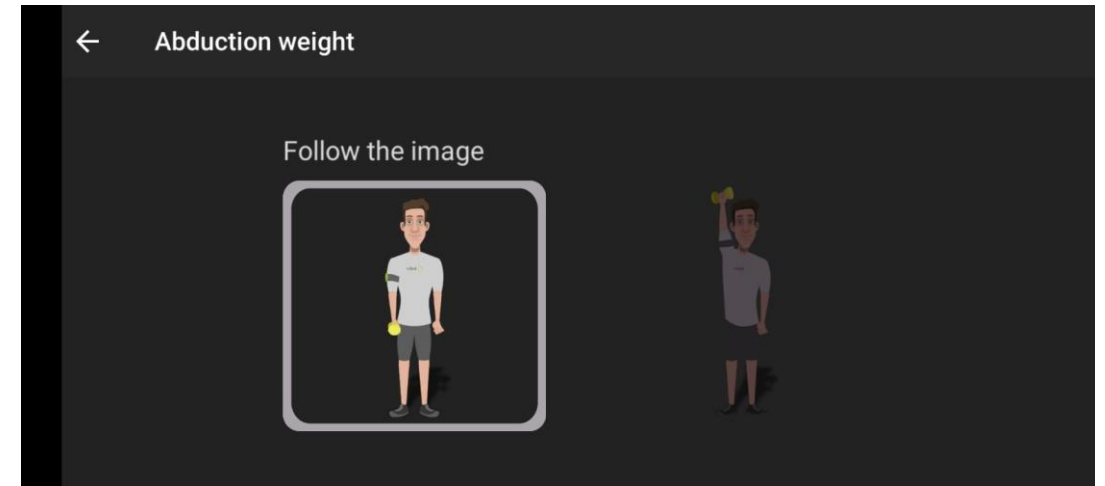
**Calibration: Hold the posture shown in the picture and move only when instructed**

# Strength and Flexibility / Training Session / *Basic Feedback*



Maximum angle

Follow the exercise animation

Bring the white pointer to the green area by moving the specific body part

Reps and sets counter

Minimum angle

# **Strength and Flexibility / Training Session / Game-Based Feedback**
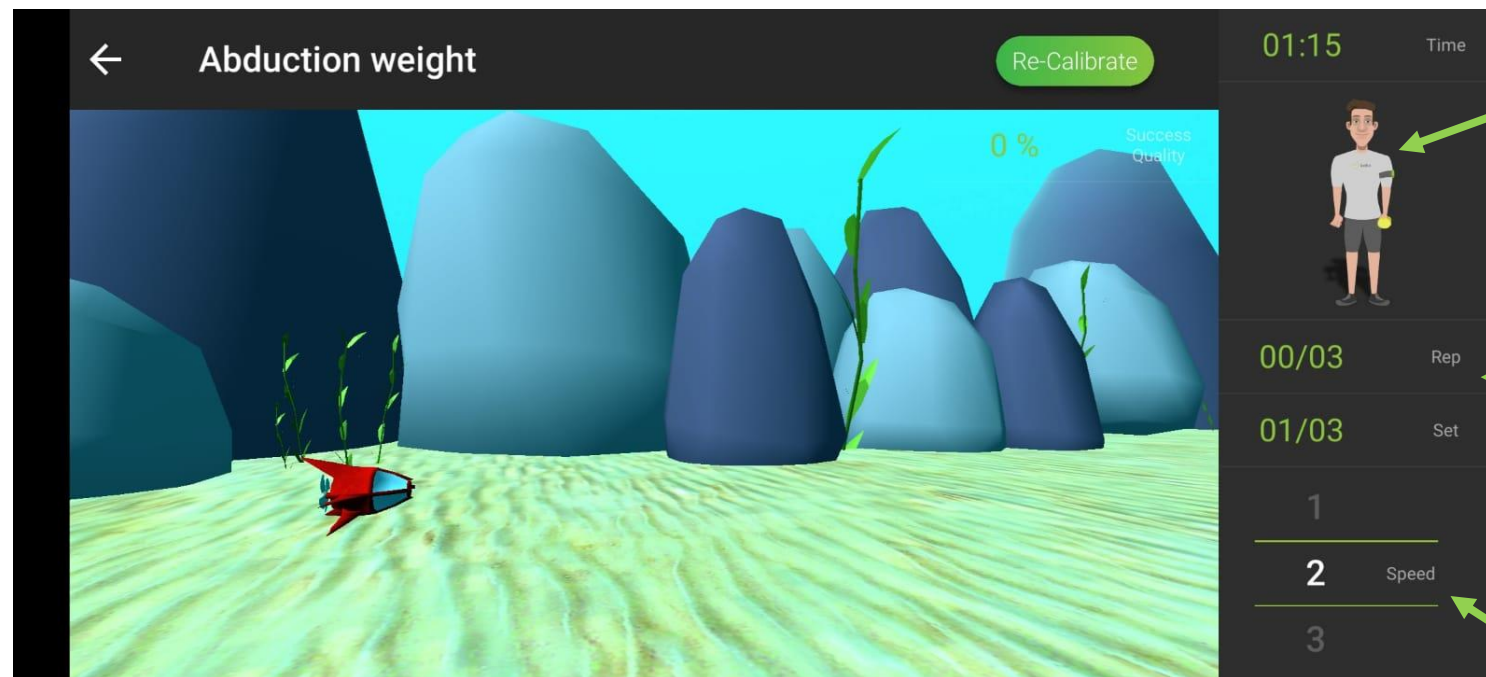


**Follow the exercise animation**

**Reps and sets counter**

**Scroll to speed up the movements**

*Aim of the game: Collect the coins and avoid the mines*

## *Strength and Flexibility / Pain & Fatigue*



*After a session is complete, the patient should answer two questions for further clinical analysis*

# Strength and Flexibility / *Session Completed*



**Tap to see the stats for each one of the exercises**

*Data from a training session is saved to the patient's dashboard for further analysis*

# Strength and Flexibility / *Session Stats*



A deep dive into a single exercise's data
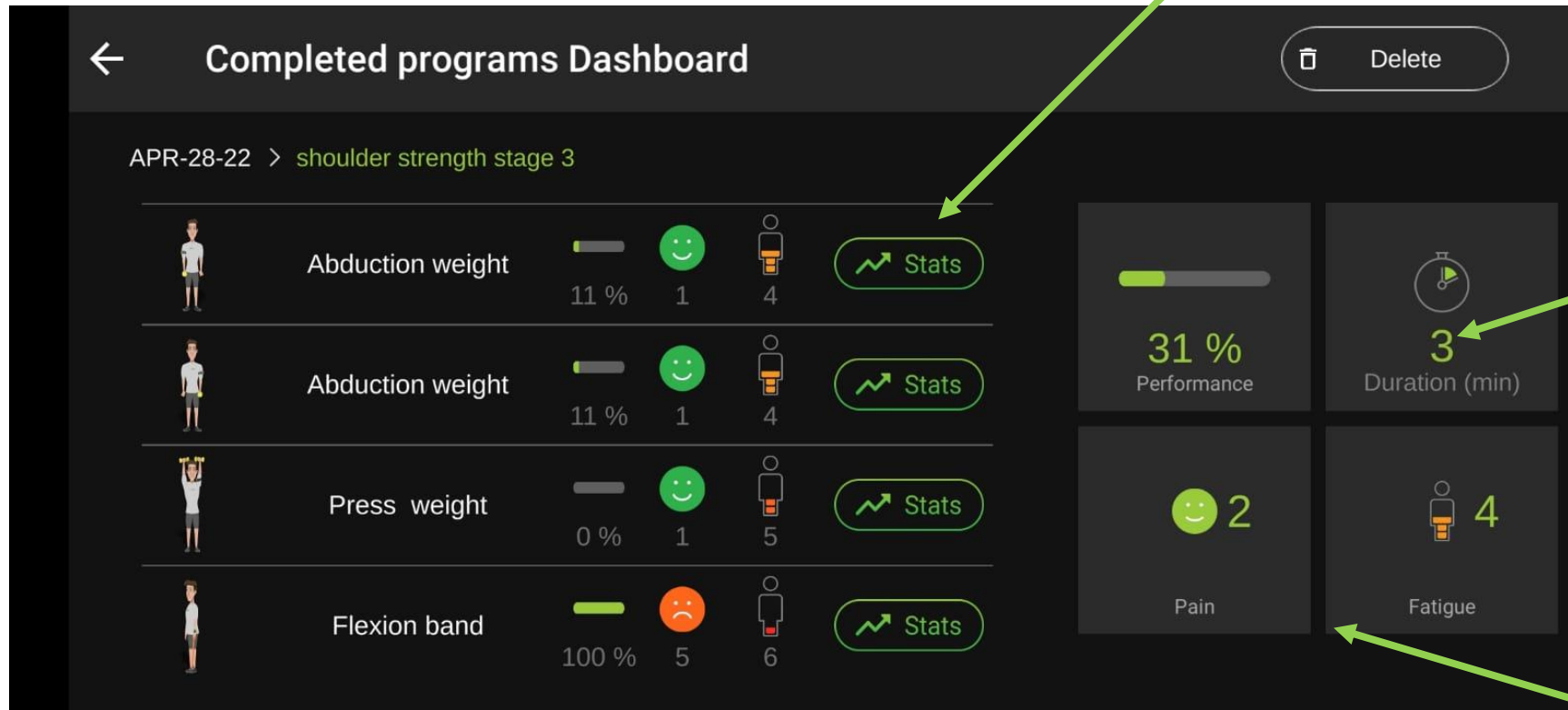
Session duration

Pain and fatigue average levels reported during the session

# Strength and Flexibility / *A Single Exercise Stats*



Movement amplitude, with the targeted ROM in blue

Average min and max ROM

Pain and fatigue levels reported

# *Cycling / Menu*

Set a customized program

Quickly start a ride

Wear the strap around your leg and attach the sensor to the strap

GOT IT

Custom Ride

Free Ride

00:00

Reset

70 RPM
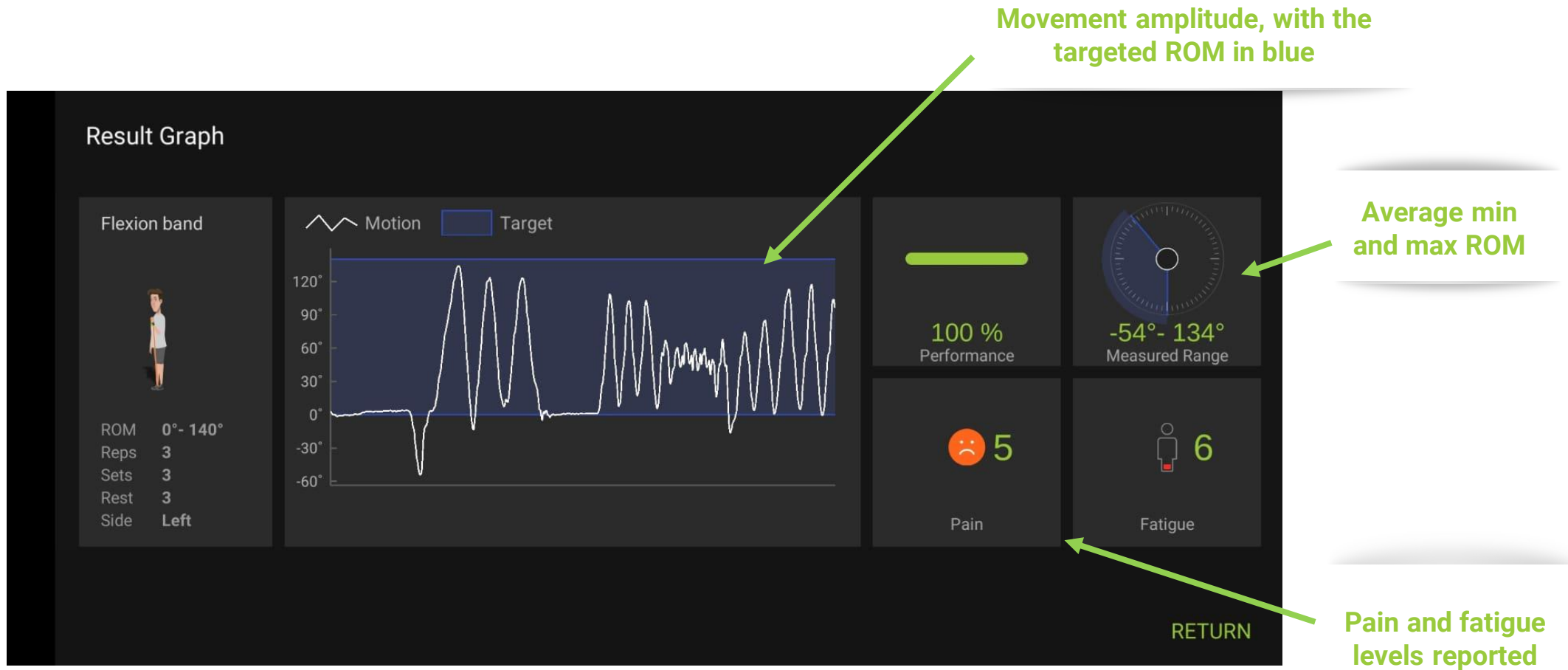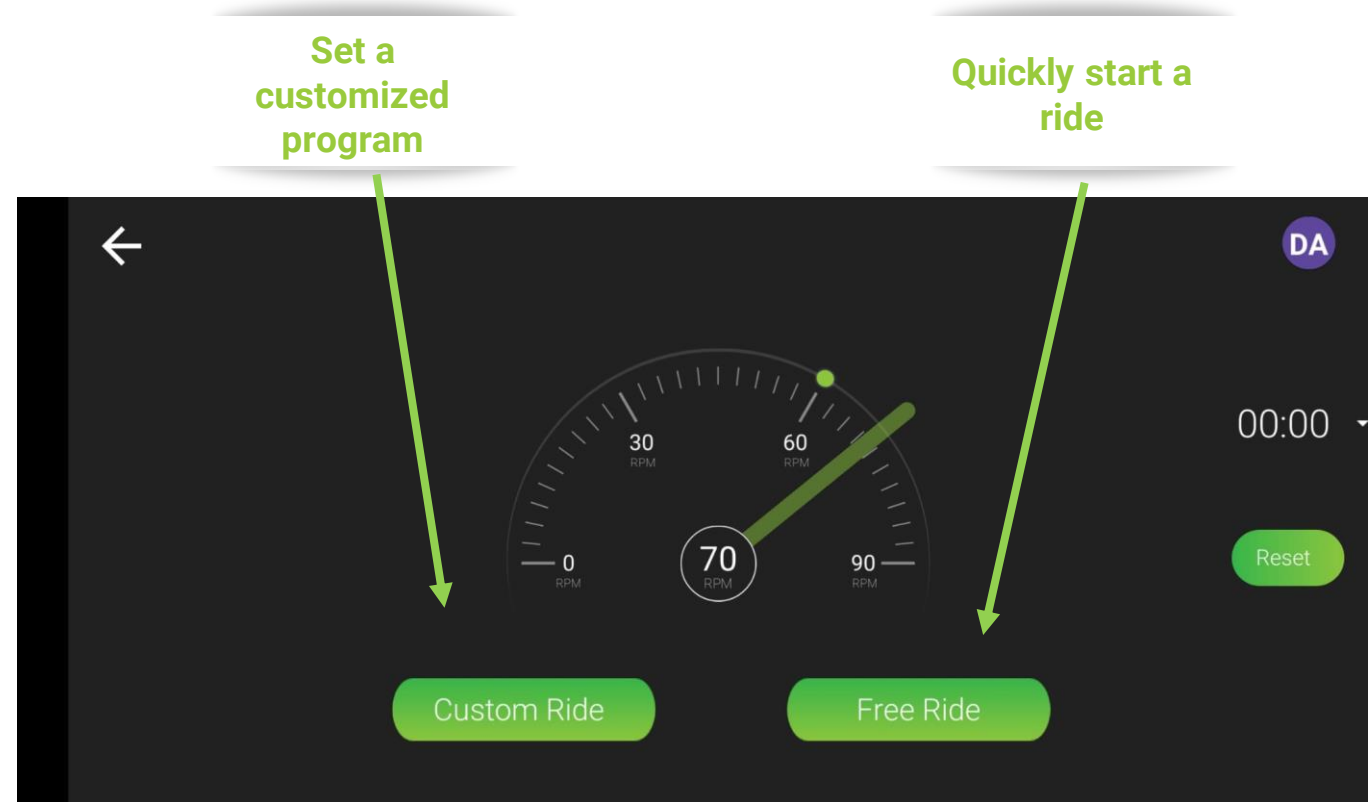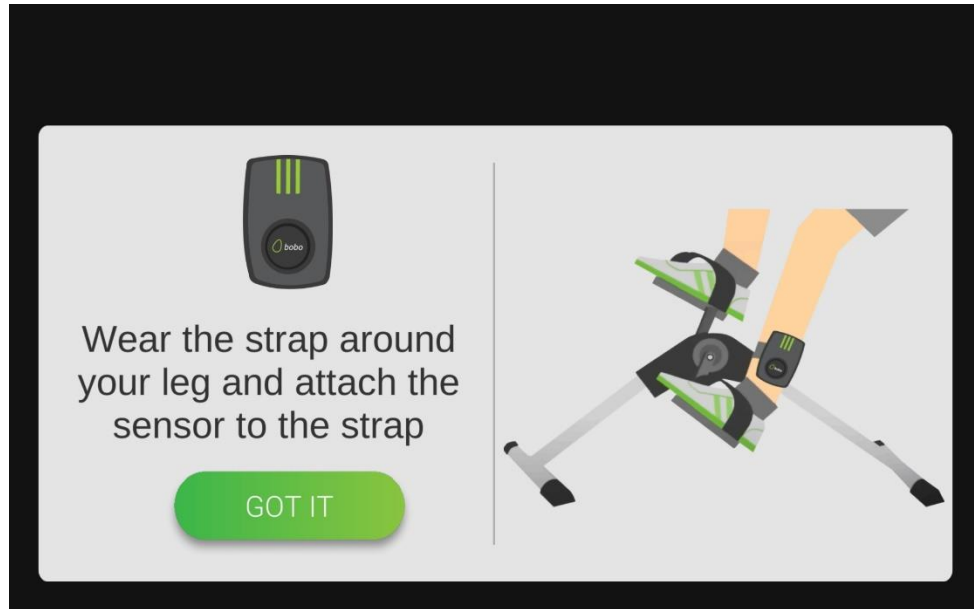
*Cycling*

# Cycling / *Custom Ride*
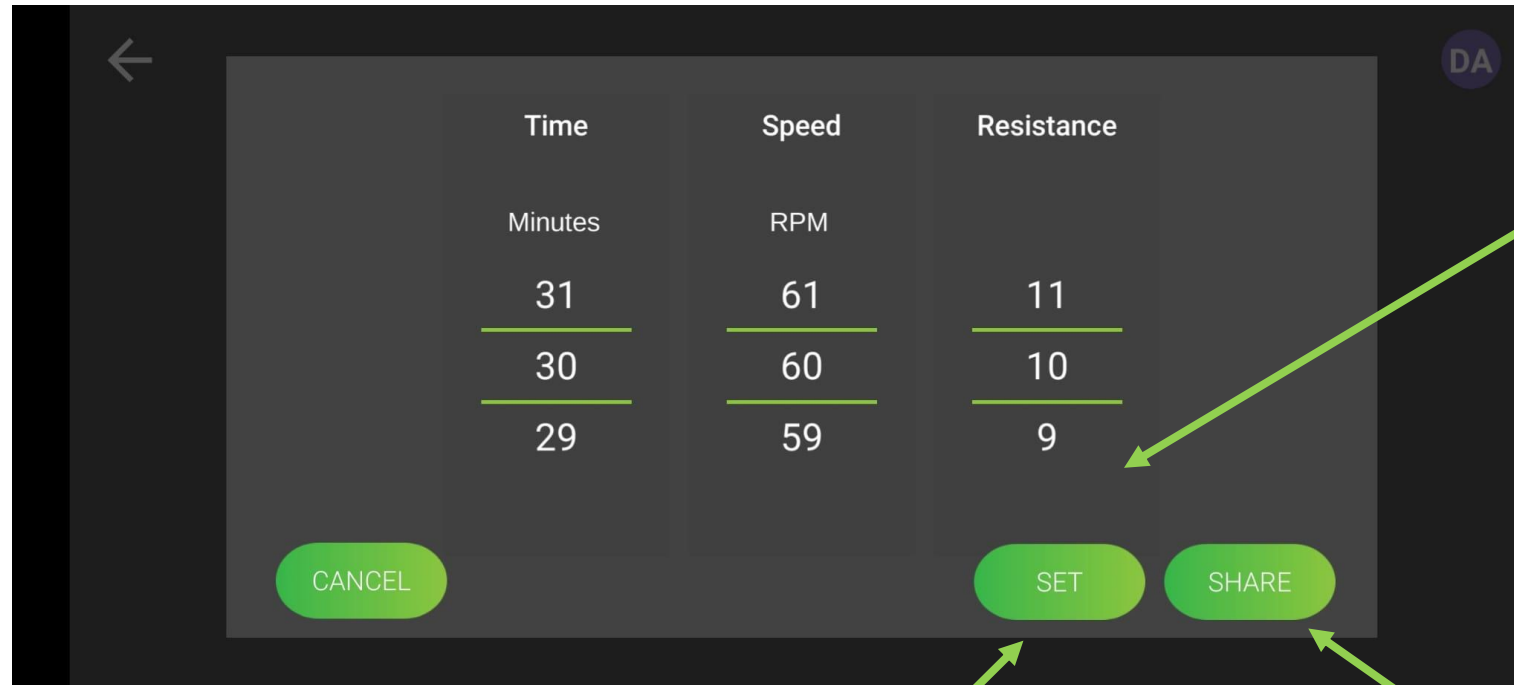


Set the resistance according to the bikes resistance level

Click SET to start the training

Or share the training session. Trainees can choose the feedback they want to train with

Set the parameters and start or share the training session

# Cycling / *Custom Ride - Choose the type of feedback*

# Cycling / *Game-Based Feedback*
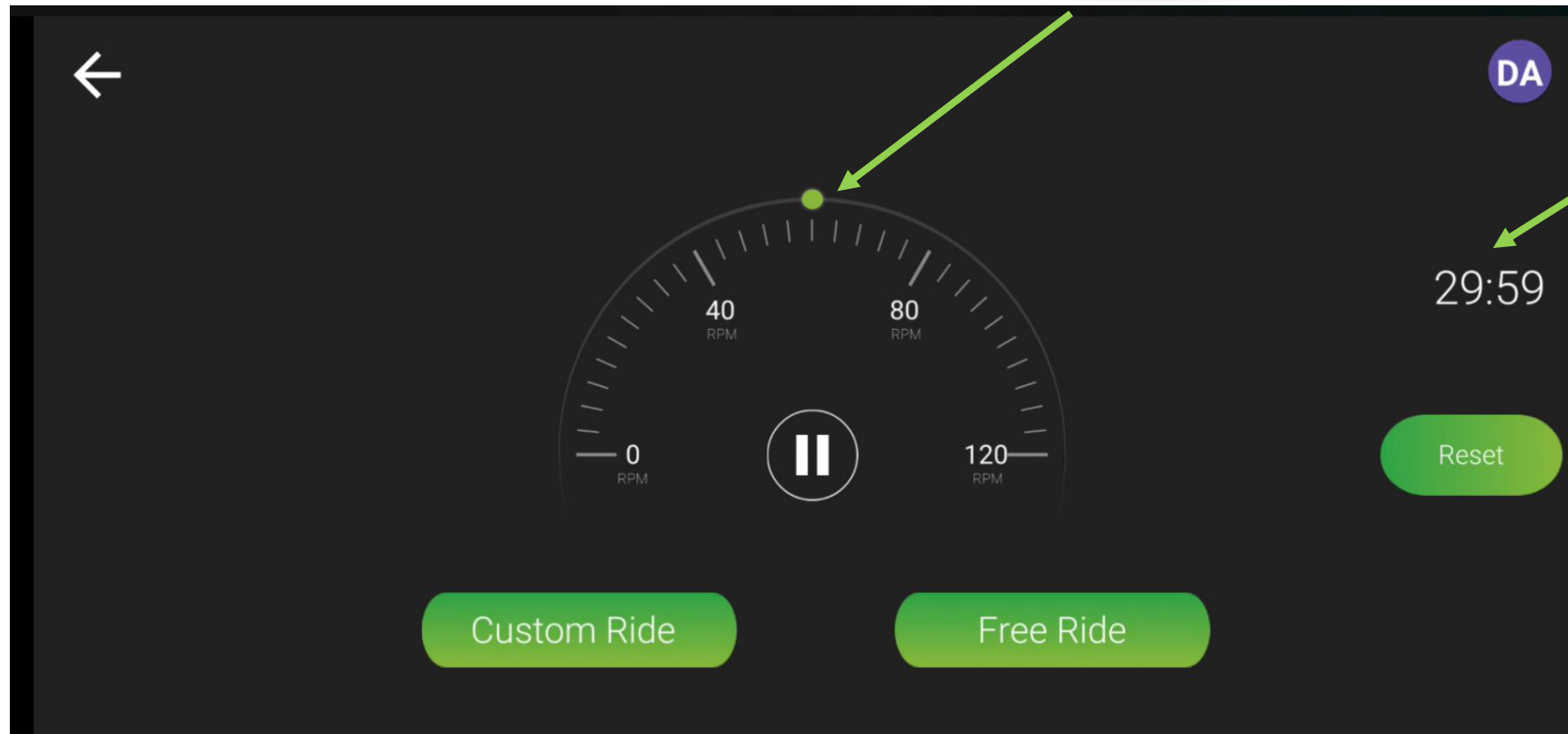


Target RPM

Workout timer

**How to play: Increase the cycling speed to move the submarine up.**
**Aim of the game: Collect the coins and avoid the mines**

# Cycling / *Game-Based Feedback*
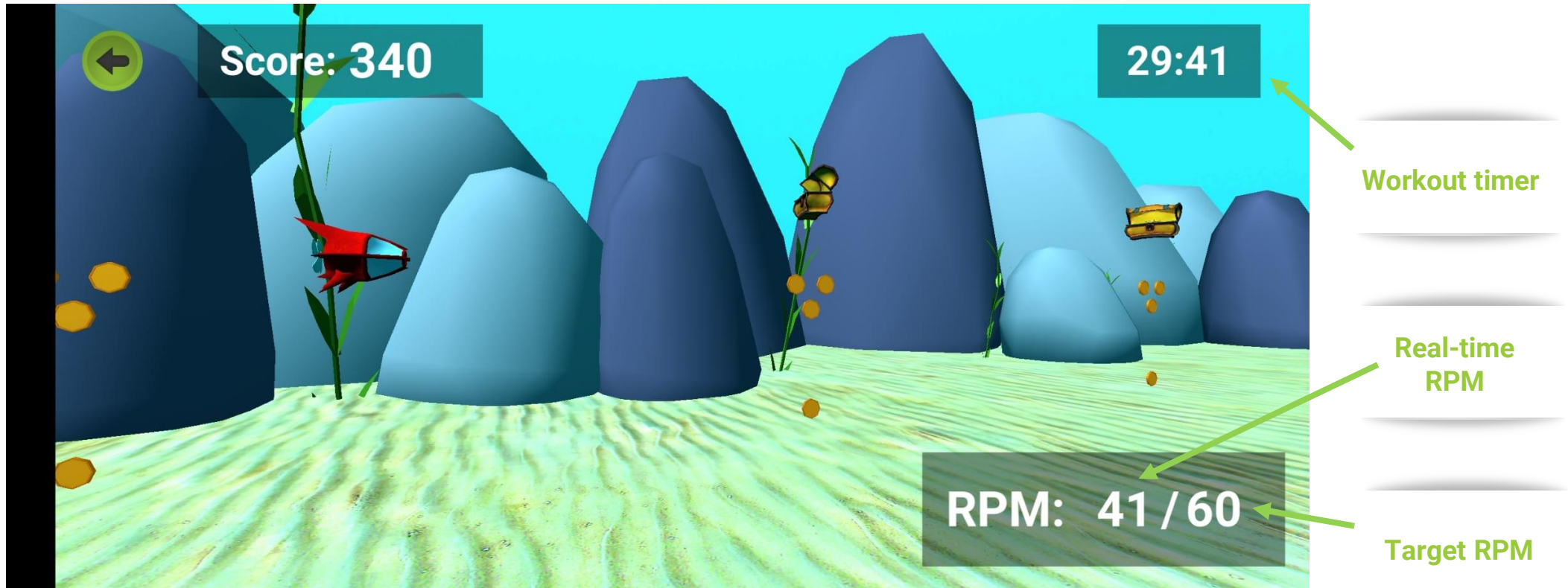


Workout timer

Real-time RPM

Target RPM

*How to play: Increase the cycling speed to move the submarine up.*
*Aim of the game: Collect the coins and avoid the mines*

# Cycling / *Biking Around Feedback*

**Road**

**Forest**



**Speedometer & Timer**

*To speed up the movie, increase the cycling speed. Try to stick to the prescribed target speed.*
*As soon as you stop cycling, the movie stops*

# Cycling / *Score Screen*
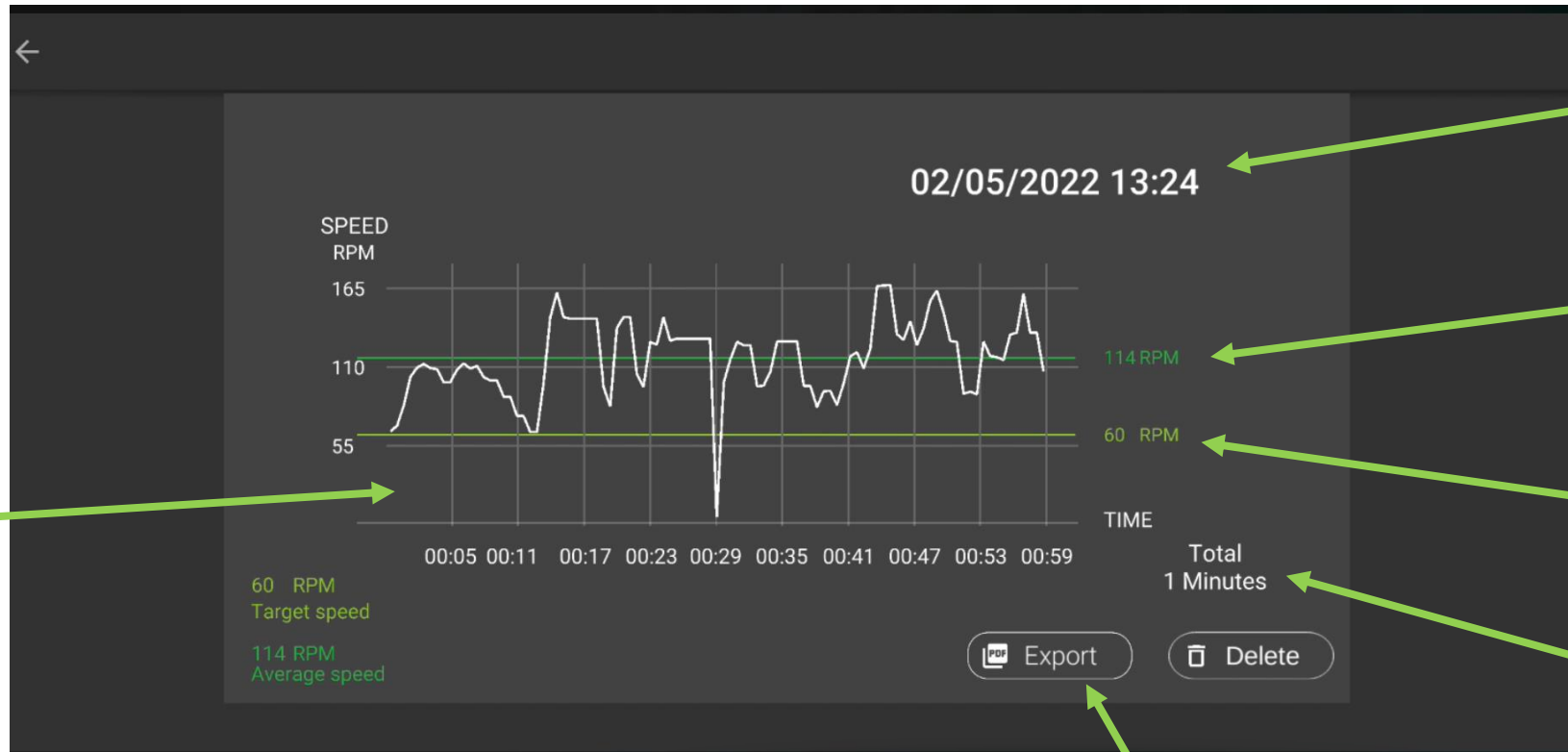


**Date & Hour**

**Average session's RPM**

**Prescribed target RPM**

**The speed amplitude**

**Total workout time**

Get a single cycling session PDF report by email

*Data from a training session is saved to the patient's dashboard for further analysis*

# Patient's Dashboard Access



Tap to access the settings
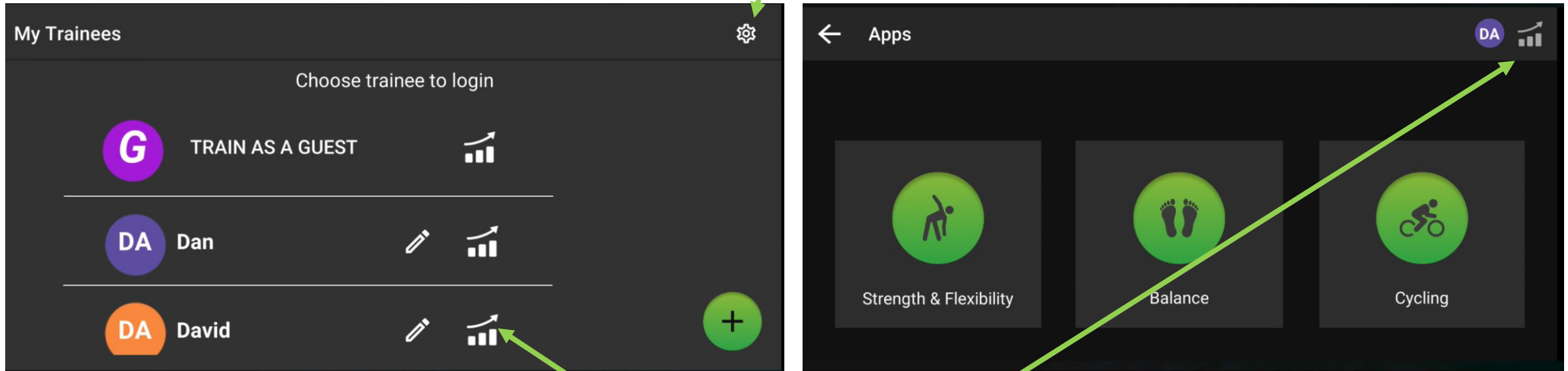
Tap to access the patient's dashboard

# Patient's Dashboard

**E-mails a PDF report of the patient sessions to the trainer**

**You can track patients' compliance with the exercise calendar**
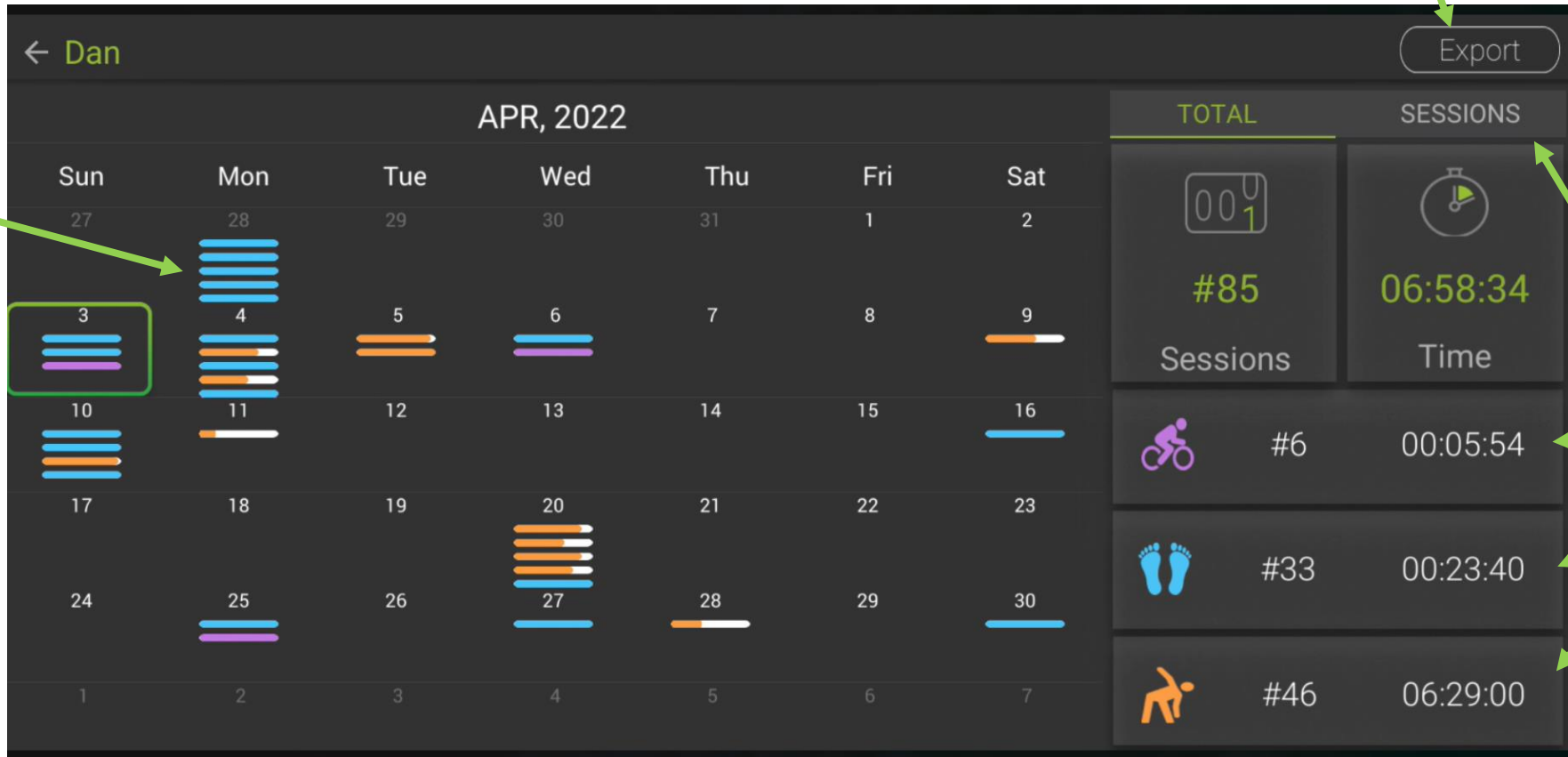
**Toggle between the different exercises to deep-dive into each and every one of the sessions and exercises**

← Dan                                          Export

APR, 2022

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
| 27 | 28 | 29 | 30 | 31 | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |

TOTAL        SESSIONS

#85          06:58:34
Sessions     Time

🚴 #6         00:05:54

👣 #33        00:23:40

🤸 #46        06:29:00

# Settings

Set the parameters back to our recommended defaults of 19 degrees and 5 sensitivity

**Settings**

**Select language**

Language
en

Advanced Settings

User Details

**APP legal documents**

Licenses

Privacy policy

Restore default settings values

*From the "My trainees" menu, tap the right-up corner button to access the settings*
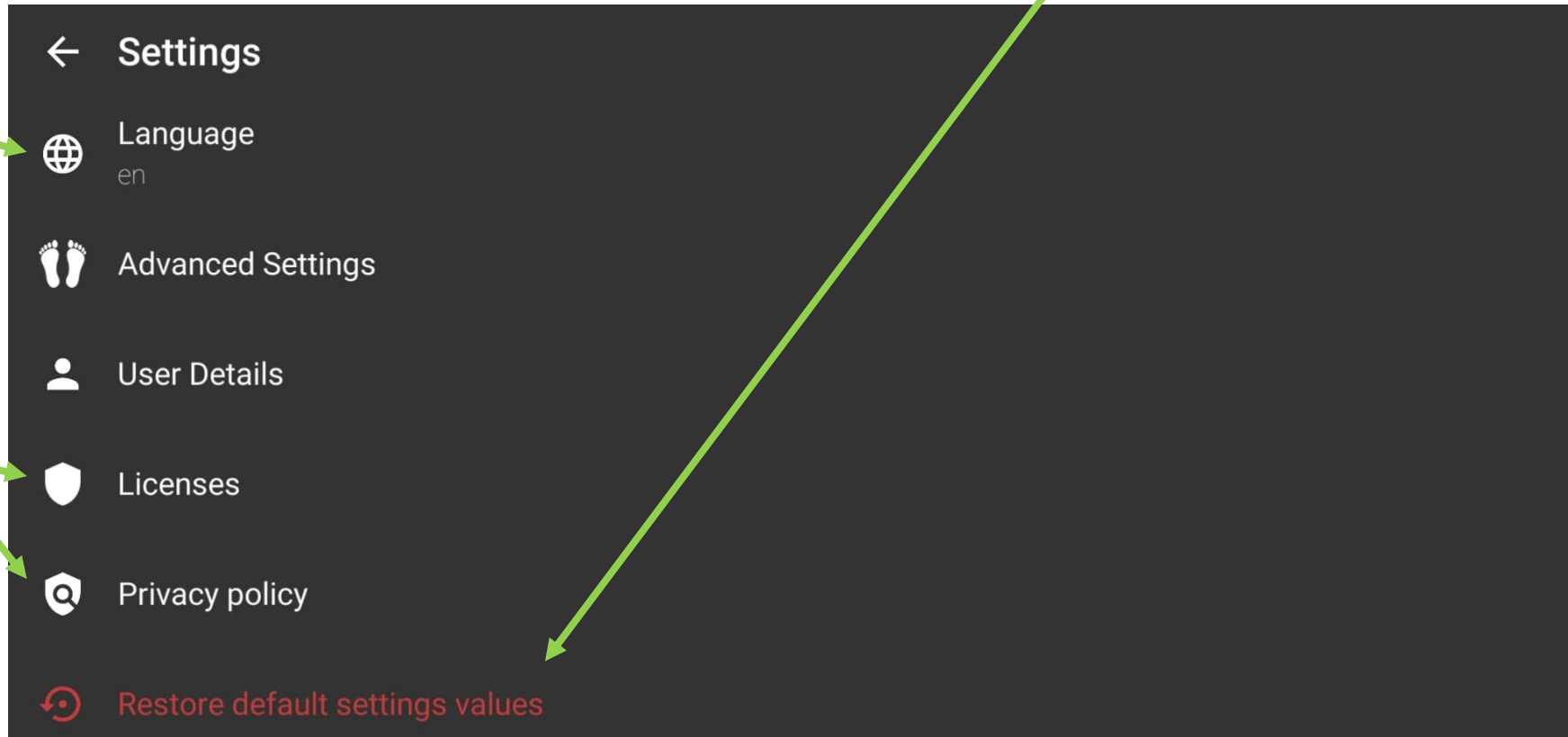
# Advanced balance settings

*\* The following settings apply only to the balance section of the app*

**Settings**

🌐 Language
en

👣 Advanced Settings

📐 BoBo maximum angle
19

📊 Ball Sensitivity in test and training
5

👤 User Details

🛡 Licenses
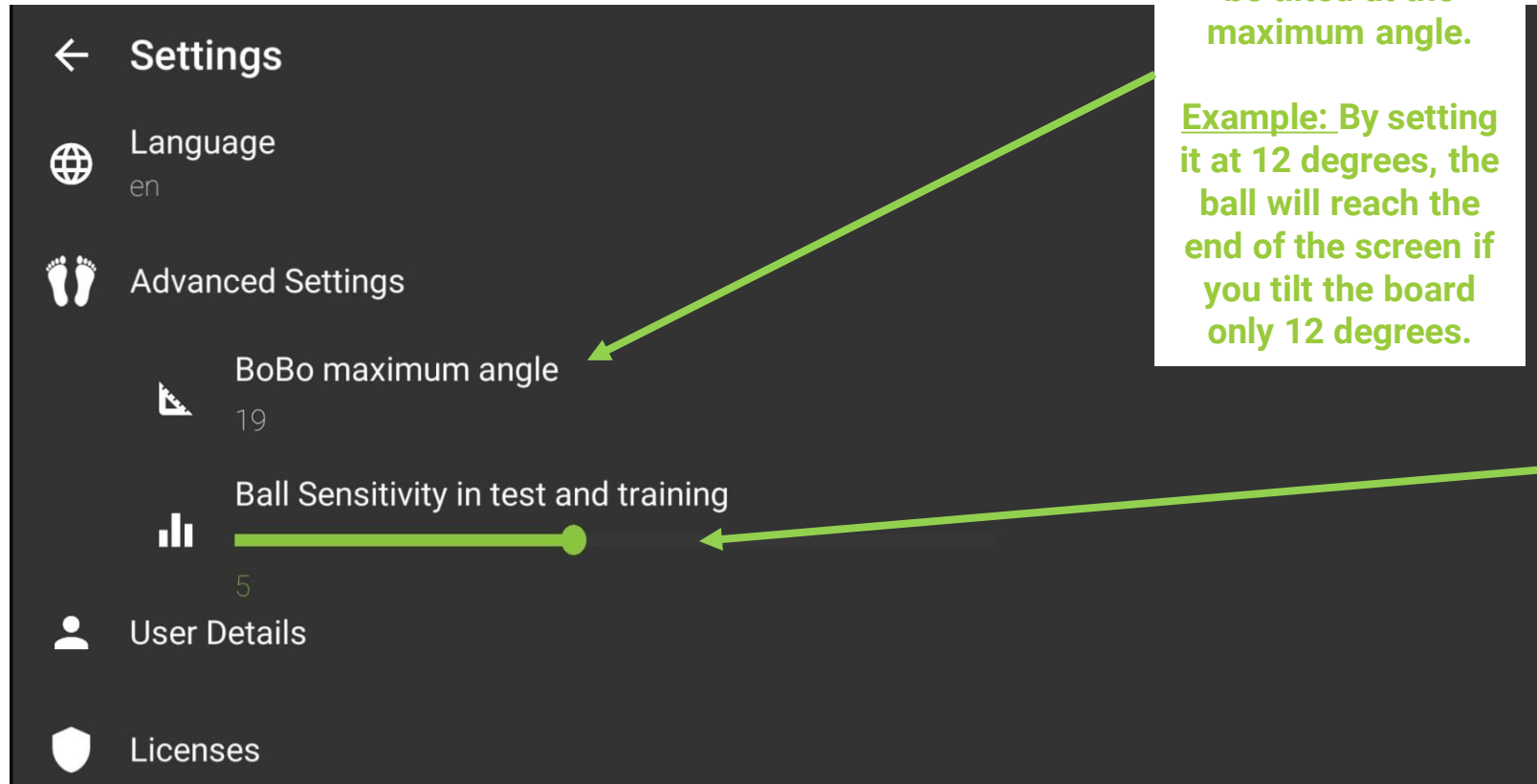
**To move the white ball to the edge of the screen, the balance board must be tilted at the maximum angle.**

**Example: By setting it at 12 degrees, the ball will reach the end of the screen if you tilt the board only 12 degrees.**

**The higher you adjust it, the more difficult it becomes.**

**Example: In tests and training, control of the white ball is extremely challenging at sensitivity 10. The white dot moves with every tiny movement. There are no filters or algorithms that smooth the ball's movement.**

*From the "Settings" menu, tap the "Advanced Settings"*

# User Settings

In case the user did not insert a product key during registration, he can use this checkbox to type in one and open the trainer mode.

**Edit user name**

**Delete all user data**

**Log out of user account**

← Settings

👤 User Details

Name - Gadi Nir ✏️

Email - gadi@bobo-balance.com

Trainer license ✓

🗑 Delete user

⟶ Logout

🛡 Licenses

◎ Privacy policy

*From the "Settings" menu, tap the "User Details"*